

LISTEN

A
JOURNAL
OF
BETTER
LIVING



Dr. M. E. Sadler,

PRESIDENT

TEXAS CHRISTIAN UNIVERSITY

Do You Know?



● Mississippi Stays Dry

Mississippi still wants its prohibition law against the sale of distilled spirits. In an August referendum voters turned down a proposition that each county in the state decide whether or not it wants to legalize sale of distilled spirits. The dries won by a margin of nearly 50,000 votes. For county option the total was 73,484; against, 120,145. Sixty-seven of the eighty-two counties were against county option; fifteen favored it.

● More Wine Users

More than 21,000,000 American families now use wine in some form, claims a survey made on behalf of the Wine Advisory Board. This total is nearly half the last census total of 44,509,000 families. The survey also found that wine users make most of their purchases at package stores, which do 54.3 per cent of retail wine selling. However, it is significant that food stores are gaining, and now do 24.1 per cent of the total wine volume. Twice as many men (75.8 per cent) as women (34.6 per cent) purchase wine.

● Beer in the Army

The W. B. Bradbury Company, publishers' representative for armed forces newspapers, made a survey of beer sales in 198 Army post exchanges, and found that 74.7 per cent of military personnel drink beer. Food sales account for 25 per cent of the sales in PX's and tobacco for 20 per cent. The average age of the military personnel was found to be 23.5 years.

● Beer and Groceries

Package beer sales now account for about 55 per cent of the total, cutting down the draft sales in bars. There are indications that the food trade is putting forth more effort to promote beer sales because of higher profits from beer than from average food sales.

● Red Stickers

New York's Regional Committee on Traffic Regulation has recommended red stickers on persistent traffic offenders' cars.

Joe Louis—False Hero

Joe Louis, often called the greatest heavyweight boxing champion of all time, and the hero of American youth for clean sports and clean living, has fallen, in more than one way! A great name and a great reputation are now tied with that which sullies character and degrades the soul. Being advertised as "Champion of them all!" is the new Joe Louis bourbon whisky, autographed by the former champion and produced by the Joe Louis Distilling Company, Lawrenceburg, Ky.

More Drunks in England

Convictions for drunkenness in England and Wales rose from 6.04 per 10,000 of population fifteen years and older in 1946 to 13.95 in 1950, according to a report in the *British Medical Journal*. In 1950 some 42,642 men and 5,075 women were convicted, the total being an increase of 33.5 per cent over 1949. The rate of convictions per 10,000 population in London, county and city (53.54), greatly exceeded the average rate in the English county boroughs (21.61).

"Biggest Money-Making Racket"

W. W. Wachtel, president of Calvert Distillers Corporation, estimates that last year's bootleg liquor production was about 236,000,000 gallons, compared with a legal production of 193,000,000 gallons. Wachtel charges that gangsters have moved in, and that bootlegging is "the biggest money-making racket in the world today." Where are the rosy promises of the repealists that bootlegging would be gone forever?

● Drinking Drivers

Connecticut is testing its new curb on drinking drivers. Motorists whose licenses had been suspended for drinking, are referred to the State Commission on Alcoholism. When this agency has helped the drivers solve their drinking problems, the licenses are restored.

● Advertising Giant

Ten thousand people could live comfortably, as far as electricity goes, on the power needed to light the giant incandescent sign in New York City advertising Knickerbocker Beer. More than three and a half million candlepower

is used to illuminate the seventeen huge letters, in a sign measuring 200 x 75 feet and holding 25,000 light bulbs. The sign stares at motorists crossing the Triborough Bridge and glares over the New York Central and New York, New Haven, and Hartford railroad systems.

● Seattle's Plight

Police Chief George Eastman of Seattle, Washington, says that 70 per cent of all arrests in Seattle during 1951 were for drunkenness. The total of police arrests was 32,393. Of this number 19,365 men and 1,425 women were whisked to the city jail because of their drinking.

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JANUARY-MARCH, 1953
Volume 6, Number 1



OUR COVER

Among the most weighty responsibilities given to men today is that of directing and preparing youth for their part in the future. Adept at this task is Dr. M. E. Sadler, head of T.C.U. at Fort Worth, whose outstanding work has gained him national recognition as a leader in modern education. Photographer Evans of Three Lions has provided the cover study of Dr. Sadler for *Listen*.

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LISTEN—quarterly journal of better living, published in the interests of scientific education for the prevention of alcoholism and narcotic addiction.

Copyright, 1952, by

The American Temperance Society

W. A. Scharffenberg, Executive Secretary

Entered as second-class matter July 16, 1948, at the post office at Mountain View, California, under the act of Congress of March 3, 1879. Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917, and authorized September 18, 1918.

Yearly subscription, \$1.25. Single copy, \$35.

New Attitude for the New Year

TO WHOM can I be of service?

No, this is not a resolution for the new year. There have been too many resolutions in years past that have been broken as quickly as they have been made, leaving no more lasting result than a shadow passing over the landscape.

No, not a resolution this time, a mere resolve for self-reform or self-denial. There must be a better way. In fact, there is!

That better way is to forget self entirely. Long have we been concerned with self-improvement, and tried to bend every effort in that direction. Forget self for a change. Put self in second place.

To whom can I be of service?

Begin asking questions such as, "Who is in trouble?" "Who is sick and would appreciate a visit?" "To whom can I give a smile?" "How can I use my telephone to make someone happy?" "Are my blessings being used on behalf of others?"

Simple, you say? Indeed, but with yourself second, where is the distaste, the rigors and distress of resolutions? There is nothing to keep, or to break. For a new attitude this new year merely plan a program—a daily program—of little kindnesses and services to others. It will be surprising how secondary you—self—can become, but in so doing be happy and contented, yet productive and profitable in life.

With this type of personal plan for the new year, the weaknesses, failures, and troubles of the old will fade the faster. New horizons for striving will brighten with the dawning of the oncoming year.

The custom of ringing bells on New Year's Eve originated in old England. Before midnight the bells were muffled to symbolize a feeble and dying old year, then they were allowed to ring out clearly after twelve o'clock to symbolize strength and power in the new year. Such a change can be the happy experience of you and yours.

Moreover, where self comes second, and the welfare and happiness of others are put first, the desire for alcohol is accordingly reduced. Being of service to one's fellow men and accomplishing good at every opportunity makes one's own life so full that he has no need to drown his troubles in alcohol or to escape to the realm of fantasy. The realm of the real is too attractive for that! His circumstances will make alcohol so unnecessary that it



simply won't be required—under any circumstance. Is not this the best—and most lasting—solution to the drink problem?

To whom can I be of service—in 1953?

Francis A. Soper

President Sadler comments on campus drinking:

"It has always seemed strange to me that youth sometimes resorts to drinking, when there is no need of it. Youth is exuberant in itself. For young men and women to resort to the use of the befogging substance alcohol, is a useless and tragic measure."

"How much more significant it is when college students realize the tremendous value of living by the premise of 'clean minds in clean bodies.'

"College men and women are the parents of tomorrow. What they learn and do in college guides them in life. It is not necessary for them to use alcohol on the campus to 'get ahead' or 'be popular,' and students who do not use it get ahead faster."



"Alcohol . . . is a useless and tragic measure."

ON THE CAMPUS--To Drink or Not to Drink?

TEXAS CHRISTIAN UNIVERSITY, "the oldest university in West Texas," was founded in 1873. Affiliated with the Disciples of Christ Church, it is located in Fort Worth, "The City Where the West Begins." The campus atmosphere is charged with the friendly, easygoing manner of Texans. Its annual "Ranch Week" and colorful Western costumes give it a distinctive personality.

T.C.U.'s famous athletic teams set a record in 1951-52 by winning both football and basketball championships of the Southwest Conference. T.C.U. has also won renown for its scholarly achievements in eight schools and colleges: Arts and Sciences, Bible, Business, Education, Evening, Fine Arts, Graduate, and Nursing.

Its building program has resulted in the recent completion of a new Science building, a counterpart of the Fine Arts building with two auditoriums, and will soon see the completion of three School of Religion buildings. As insurance against the warmth of Texas summer sun, they are all air-conditioned.

DR. M. E. SADLER, chief executive of Texas Christian University, has built T.C.U. into a large institution during his eleven years on the campus. A nationally recognized educator, Dr. Sadler is also president of the huge Association of American Colleges. His outstanding leadership was honored by a certificate awarded by the National Conference of Christians and Jews. In like manner he was given two honorary Doctor of Laws degrees in 1951, one from his alma mater, Atlantic Christian College, the other from the Catholic University of Detroit.

This is the second in "Listen's" American University Series, featuring the answer given by campus leaders in America's great educational centers to the question, Is alcohol essential to campus success? We express appreciation to Dr. M. E. Sadler, president of Texas Christian University, and Ellsworth Chunn, director of public relations, whose co-operation and help have made this feature possible.

Administration building of Texas Christian University.



Texas Christian University---

Campus Success Without Drinking

From what successful leaders at T.C.U. say, it seems that students who stay out in front in campus activities and popularity are those who spurn drinking. These personal statements from those who know are a powerful testimony on behalf of the alcohol-free way of life.



"Full and Satisfying"

The Southwest Conference is noted for its fast football and its numerous upsets. Figuring in some of those upsets has been *BILL BUCK*, guard on Texas Christian University's Horned Frogs. Whether charging that line on the gridiron or charging the honor roll in classes, William M. Buck of Austin, Texas, is a star of the varsity. Bill says:

"My college days have been quite full and satisfying without my drinking. I do not believe that this has caused any resentment towards me from my classmates. When I see the degrading effects upon human personality, to say nothing of its effects on one's health, whatever arguments my friends might advance to support its use lose their power."

ORRAIN STUDIO

"What Is Popularity?"

MISS BILLIE V. BROWN of Wheeler, Texas, is a junior with a major in English. She is president of Women's Sports Association, director of United Religious Council, and a member of Methodist Student Movement, Campus "Y," Sigma Tau Delta, and Alpha Chi. About liquor she says:

"What is popularity? It is just what we make it. In college we are given the opportunity of establishing the standard of values which will influence us the remainder of our lives, and also by which we will be judged by other people. If we find it necessary to sacrifice our health and lower our personal codes of ethics by indulging in drinking habits in order to be popular with a group of people, perhaps we should realize that we are choosing the wrong criteria by which to set ourselves in positions of false, temporary popularity which will only end in unhappiness.

"Being associated with groups which are generally representative of life on the campus of Texas Christian University, I have found that those who are known to indulge occasionally or quite often are usually widely known and considered 'quite the kid,' but are not always greatly respected personally by students. . . .

"It always seems that the real leaders on the campus, the ones who are placed in positions of responsibility, are the students who abstain. . . . We must remember that we can be one of almost any gang and be respected if we follow high standards of conduct. Most students deeply respect anyone who will stand by the principles in which he believes."



"More Friends, More Self-Respect"

MARTHA BELLE REPPETO is an actress. A junior at Texas Christian University with a major in speech-drama-radio, she attends T.C.U. on a radio scholarship. The star of several campus productions in T.C.U.'s famous Little Theater, she also plays on radio and television. Perhaps it is natural, then, that Martha turns to the dramatic form to write her opinion of alcohol:

SETTING: A dark tavern

TIME: Late evening

As the curtain opens, we find four college students at a table. Three are drinking beer, the fourth, a soda. They are engaged in snappy dialogue. One of the beer drinkers yells:

DRINKER: "Waitress, another round and a soda for mamma's girl, who objects to drinking!"

COED: "I don't object to other people's drinking if they care to. But I've found I can be more popular, have more friends, more self-respect, and have the respect of others, when I do not drink."

The curtain closes. Which of these four would *you* rather be?



"Our Leading Student Citizens"

"*MR. RAZZLE-DAZZLE*" himself, Leo R. Meyer, is the famous coach of Texas Christian University's "Horned Frogs." "Dutch" Meyer has led them to championships and has produced several All-Americans. He has been on the T.C.U. staff since 1923. His successful formula on the gridiron and in life has produced good sportsmen and good men. Mr. Meyer's remarks on alcohol follow:

"The use of alcoholic beverages has no place on a college campus. Our most successful athletes never indulge in drink of any kind, nor do our leading student citizens. Our most popular players are those who abstain completely. As a coach of young boys I know definitely that there is nothing more harmful than to indulge in drinking."

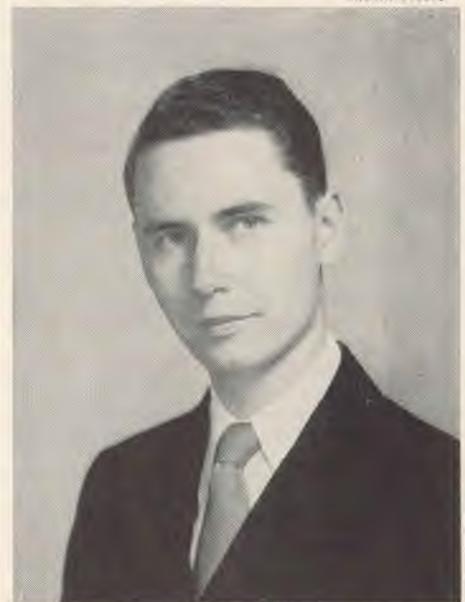
"Better Ways to Live"

The student who performed the most service for the university during the term, *MARTIN A. TURNER, JR.*, received the "Skiff Award" from the Texas Christian University's student newspaper for his efforts. Turner is a senior and is president of Presbyterian Student Association, historian for Alpha Phi Omega, and member of Alpha Chi. Here is his opinion:

"A great many people seem to have the idea that nearly every young person who goes to college is faced with the personal problem of drinking or not drinking. Actually, most people make their decisions before reaching college, having decided for or against. There are some college students, however, who are not on either side. They must be presented with convincing proof that there are much better ways to live than with a bottle.

"This same conviction has developed my own consciousness within the last few years, and I should like to say why I want another way of life: I don't drink because I don't like the taste of alcoholic beverages. I do not want to sacrifice, even temporarily, the full use of my senses and my health. I want the respect of students, faculty, and friends.

"But the main reason I do not drink is that I have a purpose for living that excludes alcohol. No one who is dedicated to a cause greater than himself would entertain such a temptation to tear down those goals which concern humanity's welfare. For those who have made the larger decision, the personal problem of alcohol no longer exists."



THE first requisite of a home is marriage, and marriage is a part of normal life. Life, fully lived, includes marriage and home life. Marriage is the most important and the most significant of all human relationships, second only to the relation between the individual and his God.

The marriage relationship is so much a part of life that success in life almost invariably depends upon success in marriage. If marriage is successful, life is full and complete; if marriage fails, life is dwarfed and crippled.

Marriage is what the marital partners make it. If they are listless and indifferent toward those factors that ensure success in marriage, their marriage will be a haphazard relationship with many ups and downs, and with

properly entitled can be assured only as the home fulfills its rightful functions. What are these functions of the home?

1. The first function of the home is to provide emotional security. It is the natural craving for emotional security that impels a young man and a young woman toward marriage. The competitions of life are too strong and the jealousies too caustic to make it feasible or desirable to face life alone. Marriage provides a complementary self which serves as an emotional counterbalance. The home provides a setting in which impartial counsel is available for the making of decisions, in which disappointments can be shared, in which successes can be enjoyed together.



Foundations of Home Happiness

HAROLD SHRYOCK, M.D.

growing uncertainty as to its outcome. But if each gives sincere attention to the factors which pertain to success in marriage, the relationship will be stable and will provide a wholesome and pleasant background for all life's experiences.

In order to ensure the rich experience which comes to those who are happily married, both husband and wife must be willing to pay the price. The price is high and the payments are perpetual, but the value of the product far exceeds the cost.

This price is not measured, as so many seem to think, in dollars and cents; nor does it consist of a fine house with elegant furnishings, or of a new car, or elaborate wardrobes. The price of marital happiness consists of disciplines, attitudes, loyalties, and insights of such a nature that husband and wife are able to blend their personalities harmoniously. The bond of fellowship thus established transcends the considerations of natural differences or of material possessions. It is perfectly feasible for a couple who are poor in this world's goods to enjoy a richness of experience which far exceeds anything that money can buy.

Marriage was ordained of God in the Garden of Eden. It was divinely sanctioned and intended for the best interests and happiness of the human race. "The Lord God said, It is not good that the man should be alone; I will make him an help meet for him." Genesis 2:18.

Marriage, properly consummated and maintained, gives the best insight into the happiness and genuine pleasure that existed in the Garden of Eden before the introduction of sin. Happy marriage can provide a "little bit of heaven" right here and now. However, this ideal can be reached only as husband and wife relate themselves to each other and to God in such a way that their home will be built on those Christian attributes which lie at the foundation of all true happiness.

Happiness comes as a by-product of successful living. Even that happiness to which a husband and wife are

2. The second function of the home is to provide for spiritual and cultural growth. The home is the structural unit of the community and of the nation. The spiritual and cultural tenor of the community is an average of its component homes. The attainments of the individual members of a family are a reflection of the qualities existing within the home. The molding influences for the better things of this life and for those attributes which will be perpetuated into eternity are all shaped by the combined efforts of husband and wife, father and mother.

3. A third function of the home is to generate and distribute those ideals of personal responsibility and participation which provide the backbone of civilization. The first step in accomplishing *(Turn to page 33)*





LAMBERT

As the United States inaugurates its new President for the next four years, *Listen* casts a glance back at Abraham Lincoln, one of America's greatest chief executives. His expressed convictions and accompanying actions in refusing alcoholic beverages, even at the time of his nomination and his procession to Washington, D.C., to take the office of President, set an example for today's national executives. In our modern stress, even more than in the strain of Civil War days, are needed clear minds and judgments, uninhibited by alcohol.

Lincoln and Liquor

A MORE astute politician than Abraham Lincoln America has not produced, and a greater temptation never came to any politician than came to Lincoln the day following his nomination for the Presidency by the Republican National Convention, which met in the "Wigwam," in Chicago, in 1860. It occurred in connection with the visit of the committee appointed by the convention to notify Lincoln of his nomination. A number of citizens of Springfield, knowing Lincoln's habit of total abstinence, and believing, in all probability, that he would have no liquor in the house, called upon him, and suggested that perhaps some members of the committee would be in need of some refreshment—wine, or other liquors.

"I haven't any in the house," said Mr. Lincoln.

"We will furnish them," said the visitors.

"Gentlemen," replied Lincoln, "I cannot allow you to do that which I will not do myself."

Some Democratic citizens, however, who felt that Springfield had been honored by the nomination, sent several baskets of wine to Lincoln's house; but he returned them, thanking them for their intended kindness.

After the formal ceremonies connected with the business of the committee of notification had passed, Lincoln remarked that, as an appropriate conclusion to an interview so important and interesting, he supposed good manners would require that he furnish the committee something to drink; and, opening a door, he called out, "Mary! Mary!"

A girl responded to the call. Lincoln spoke to her in an undertone.

In a few minutes the maid re-entered, bringing a large

tray containing several glass tumblers and a large pitcher, and placed it upon the center table. Lincoln then arose, and, gravely addressing the distinguished gentlemen, said:

"Gentlemen, we must pledge our mutual healths in the most healthful beverage I have ever used, or allowed in my family. I cannot conscientiously depart from it on the present occasion; it is pure Adam's ale, fresh from the spring."

Taking a tumbler, he touched it to his lips and pledged them his highest respects in a cup of cold water. A few months later, he started on his way to Washington to take his seat as President of the United States of America.

In a number of cities his visit was honored with grand banquets at which wine was served, but of which he never partook. On one occasion, being urged to drink a glass of wine, he replied:

"For thirty years I have been a temperance man, and I am too old to change."

It is declared that action speaks louder than words. When men's acts and words are in accord, great is their power. Such were the words *and* acts of Abraham Lincoln. He not only abstained from the use of intoxicating liquors, but he was bold in publicly advocating total abstinence.—Adapted, *Dry Legion*.





1. Rutledge Inn was operated by the father of Ann, beloved of Lincoln.
2. Miller-Kelso cabin, adjoined by Miller's blacksmith shop as it looked in old New Salem.

OLD NEW SALEM, its cabins surrounded by fences of hand-split rails, has been restored by the State of Illinois to its appearance of the 1830's, when Lincoln came to the village as a flatboat laborer and fell in love with Ann Rutledge, daughter of the local innkeeper.



3. Many activities of life in frontier days centered about the fireplace, as evidenced by the interior of the Hill cabin.
4. Medicines for the sick were a part of the household furnishings in the home of the frontier physician.



5. View of the Hill cabin, the Hill-McNamor store, and the second Berry-Lincoln store in old New Salem.



6. Near the spot where Lincoln's boat stranded stood the Rutledge saw and grist mill.

Young Abe and Dr. John

JOHN T. KIERAN and RUTH E. RILEY

The tall young man lying on his back under the big tree at the edge of the frontier settlement did not look like a future President of the United States. But that raw prairie village of some twenty cabins and log shops, New Salem, Illinois, was to be rebuilt in replica in memorial to him more than a hundred years later. Nor did the one hundred or so souls of the place seem the type who would wield a great influence on him in the formative years.

But there were among them those who did exactly that. One was Dr. John Allen, young, keen-minded, and well-educated, an active stimulus to the twenty-one-year-old Abe Lincoln. Allen led youthful Abe on in his studying and speaking, started the debating and discussion society, the first Sunday school in the town, and the first temperance society in the area.

That day, when Abe lay under the tree, his long legs stretched out before him, his feet bare because of the preciousness of shoes, he held a book he had bought in a barrel of "trash," all for a few cents. But Blackstone's law *Commentaries* was not easy reading; and as he read, Lincoln's long fingers frequently ran through his rather unkempt hair as he squirmed his body from one position to another.

Soon his feet were placed against the trunk of the tree. Long feet they were, too, in proper proportion to the general make-up of

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What Did Lincoln Really Believe?



LUTHER T. SMITH

LINCOLN said on one occasion: "If I should be found dead tomorrow, nothing but my insignificance would prevent a speech being made upon my authority before the end of a week."

Unscrupulous propagandists of various types and beliefs have, from time to time, taken advantage of the great esteem with which Lincoln is held by all classes, and, true to his prophecy, have put words into his mouth that he never spoke, and have credited him with ideas he never entertained.

A remarkable example of this occurred back in 1932 when agitation for the repeal of the Eighteenth Amendment was at its height. One night during this period I attended a political meeting in North Side, Chicago, and heard a Chicago attorney, who was afterward elected to the municipal bench, make an attack on prohibition. He took a piece of paper from his pocket, saying that he wished his audience to know what the great and wise Abraham Lincoln had to say about prohibition.

"These are Lincoln's exact words," said he, and he read as follows: "Prohibition will work a great injury to the cause of temperance. It is a species of intemperance within itself, for it attempts to control man's appetite by legislation, and makes a crime out of things that are not crimes. A prohibition law strikes a blow at the very principles upon which our government is founded."

He put the paper back into his pocket, and the harm was done. Many people, no doubt, left the meeting that night believing those to be the true sentiments of Abraham Lincoln.

However, those who know the true history of this statement know it to be a vicious misrepresentation. It had been published in the Saint Louis *Globe Democrat*, a leading newspaper of that city, in 1922, as part of an advertisement of the Missouri Branch of the Association Against the Prohibition Amendment, and had the names of ninety-six prominent men of Saint Louis endorsing it.

A copy of this particular issue of the *Globe Democrat* fell into the hands of Charles W. Keeley, an old Civil War veteran living at Quincy, Illinois. He had fought all through that great war on the Union side, and he thought he knew Abraham Lincoln well enough to know that he never made such a statement. To prove his estimate of Lincoln, he started an investigation.

He wrote to one of the ninety-six prominent citizens who had endorsed this statement, asking for his source of information. I have in my possession a copy of the let-

ter this man wrote in reply. He said he did not have time to look into the authenticity of the alleged statement, but suggested that Mr. Keeley write to the National Headquarters of the Association at Washington, D.C.

Following up this suggestion, Mr. Keeley was told that the statement might be found in the proceedings of the Illinois legislature of 1840, in connection with the Murphy Bill. Mr. Keeley then forwarded all the papers relating to the subject to the librarian of the State Historical Library, at Springfield, Illinois, and asked for a thorough investigation.

A few weeks later he received a letter from the state librarian, saying that this alleged statement of Lincoln's was nowhere mentioned in the proceedings of the Illinois Legislature of 1840, in connection with the Murphy Bill, and that it could not be found in any of the works of Abraham Lincoln.

Another student of Lincoln made an investigation of this alleged statement, and succeeded in tracing it to its source. This was Dr. Louis A. Warren of the Lincoln National Life Foundation of Fort Wayne, Indiana. After several years of research, Dr. Warren found that this statement was first used in 1887 in a local-option campaign in Atlanta, Georgia.

After the election was over and the excitement of the campaign had quieted down, Colonel John B. Goodwin of that city, who was a leader of the Antiprohibition forces, admitted that he himself had composed these alleged words of Lincoln, and did it to influence the Negro voters to vote the wet ticket.

When we consider the authentic history of Lincoln's stand on the liquor question, it is hard to believe that anyone could be fooled by propaganda such as this.

On February 22, 1842, Lincoln made his famous temperance speech at the Second Presbyterian Church, in Springfield, Illinois. This speech may be found in Nicolay & Hay's great work on Lincoln, volume 1, page 217. It was a part of the temperance movement of the day, inaugurated in the name and honor of George Washington, and was made at a time when the use of liquor as a beverage was almost a universal habit among all classes. It forms such a complete, characteristic statement of Lincoln's views on the liquor question that when his son, Robert T. Lincoln, was once asked regarding his father's stand on prohibition, he replied by sending his inquisitor a copy of this speech.

In 1847, while Lincoln

(Turn to page 34)

MODERN "high-tension living" is no bugaboo to Charles Kent of Miami, Florida. He enjoys every minute of it! And so do the kids in his neighborhood, who never tire of watching his back-yard tightrope act.

Charley is one man in a million in more ways than one. Few successful businessmen ever get as "high strung" as he does with his hobby, but of course temperament, nerves, and jumpiness have little to do with either his hobby or with his career as a master plumber. In fact, he is one of the most even-tempered of men—and the happiest—whom you could hope to meet.

As a freckled-faced ten-year-old, Charley saw his first circus and determined to become another "man on the flying trapeze" when he grew up. His father helped him to build a trapeze at home, and every day after school he put in hours of practice until he felt ready to offer his services to Ringling Brothers, who were then at their



Some Well-Balanced Advice From Charley,
Tightrope Walker

Interview by Fredrik W. Edwardy

One-Man Circus

Saratoga winter quarters. Their emphatic No disheartened him, but he was no quitter.

Charley decided to add to his skill the art of tightrope walking. He invested \$7.35 in a cable, turnbuckles, and an old bicycle; he chopped down a tree for posts and balance poles, and with one of his mother's kitchen chairs he was soon able to duplicate any stunt he had ever seen performed.

"I was determined," Charley says; "and a person can do almost anything if he has enough determination. That's the key."

By the time he was out of high school, Ringling Brothers

and two other large circus companies—one in Canada—now came bidding for his talents. But Uncle Sam's bid had highest priority, so Charley went to the United States Army. After serving his time he came home, settled down, and almost succumbed to the old lure of the circus. However, Mrs. Kent argued that life on the road was no way to bring up their young son, so Charley turned to his father's trade of plumbing.

But high-wire walking is still his well-paid hobby—well paid, that is, in personal satisfaction and lasting happiness. Charley performs his highly skilled feats free of charge for the youngsters and grownups in his neighborhood, and hardly a week goes by that he does not give a benefit program for some orphanage, school, or local church group.

Charley's skill did not come by chance. He recognized long ago, while watching the split-second timing of the aerial stars, that the use of alcohol and tobacco was taboo among the great performers. Today, when one watches him balance a glass of water on his head while poised on a unicycle as much as twenty-eight feet above the ground, one has no doubt about the benefits of his levelheaded approach to the tobacco and alcohol problem.

Recently Metro-Goldwyn-Meyer Studios took 400 feet of film for "News of the Week," showing Charley at work as a plumber and enjoying his high-wire hobby. He has also had the spotlight in *The American Magazine*, and not long ago was interviewed on Betty Crocker's radio program in New York.



Charles G. Kent

FOR more than two decades I was actively engaged in the hotel business. During that period of time I met many thousands of people from all parts of the world and of all creeds and conditions of life. I had a splendid opportunity to watch human beings drink and notice the different kinds of drinkers in our society.

Mike, the bartender, is responsible for classifying the first kind of drinker as "Drink Nurser." This

one is generally busy trying to find an excuse for this kind of action. Joe, the lifeguard, had to risk his life to save this type of drunk who insisted on swimming out to the breakwater in street clothes.

Frank, the buyer at the department store, calls the third kind of drinker, "Business Drinker." Deals and business propositions are discussed over a rye or Scotch or highball. The drink is supposed to brighten up things and get people into the mood



A Hotelman Looks at Drinkers

**THERE ARE TEN KINDS,
BUT IS ONE KIND BETTER
THAN ANOTHER?**

HAROLD GLUCK

type of drinker actually doesn't care for a drink. He or she goes to the bar because of loneliness and a desire to meet kindred souls. Since drinks cost money, and a person has to order a drink to remain at the bar, he orders only one drink and stays with it for a long time. He may move with that drink to several other tables and engage in a variety of conversations. Frequently this type of drinker gets involved in a situation requiring the purchasing of drinks for a group. The tragedy of the situation is that the finest kind of person is not met in a social manner at a bar.

Joe, the lifeguard at the beach, classifies the second kind of drinker as "Show-off Drunk." This kind of nuisance drinks excessively and then starts shouting, "I run this town. I can break any cop." Often such a person belongs to an influential family. Perhaps behind his back you hear a whisper to the effect, "He had a bad love affair," or "Lost his wife and two kids in an accident." Some-



to discuss details that may mean the swinging of a big deal. How one can think clearly under the influence of alcohol is a question that stumps the experts. One woman sued her husband's company on the grounds that the company's officials made him into a drunkard. Because they paid his liquor bill for entertaining prospective clients, he had to keep up to their standard of heavy drinking. When he did become a "drunk," he was out of a job!

Anne, the hostess at a big social affair, observes the fourth kind of drinker, "Social Drinker." At a party drinks are free. The guests drink and are supposed to be happy. They laugh at any kind of joke, even one told in such a low voice they can't hear it. But millions of Americans know that it is possible to have delightful conversation among kindred

(Turn to page 30)





We have been anxious to provide those foods and qualities which a great many people love: wholesome and tasty food, warm and pleasant atmosphere, music and genuine hospitality. As we serve folks of all ages and many families, we adopted the policy years ago of serving no liquor.

Edward J. Clinton

Mr. Clinton of Clifton's in his private office in the "Brookdale," Clifton's Cafeteria on South Broadway in Los Angeles.



1. In Clifton's "Brookdale" cafeteria is a miniature chapel, accommodating two persons at a time, who desire a spot of retirement for meditation and prayer.



2. Christ's prayer in Gethsemane seems real in this reconstructed scene.



3. & 4. In this replica of a Palestinian home visitors may view a typical dwelling of Christ's time.



5. Doorway to Clifton's "Pacific Seas" cafeteria, one of the world's most unique eating places.

Substituting the

Interviews by ELTON A. JONES

Notwithstanding all the money expended to convince American people that "beer belongs," the Clifton cafeterias in Southern California are not hoodwinked. Although these cafeterias are twenty-one years old, not a glass of any alcoholic beverage has ever been served or sold in them.

These restaurants are concrete evidence that beer sales do not constitute a necessity for staying in business, and that any such restaurant CAN be a clean, respectable place, well patronized.

They also stand as tangible testimony to the fact that there are thousands of people who will deliberately go to such places to eat.

In Los Angeles on Olive Street, near Sixth Street, is Clifton's "Pacific Seas Cafeteria." The other is the "Clifton's" at 648 South Broadway, about six or seven blocks away.

Both are thriving, hustling businesses, conducted on the principles of the golden rule—and on such a basis all liquor is automatically ruled out.

A special attraction in the "Pacific Seas" is the "Grotto." Here is a replica of a Palestinian home as it was in the days of Christ.

Adjoining the home is "the garden," a composite of clever architecture and adroit painting. In another small room is a marble figure of Christ, kneeling in prayer in Gethsemane. A worshipful scene, one can scarcely view it without having a feeling of deep reverence steal into the soul.

While these features were added to Clifton's "Pacific Seas" in order that many might know more of home life in Christ's time, and that the impressive form of the praying Christ might encourage visitors to stop, think, meditate, and worship, it is probable

that they have added to the patronage. This is quite incidental, however, to the general plan.

Clifton's publishes a little four-page sheet, "Food for Thot," with a weekly circulation of 150,000. Esther Baldwin York, a young woman with high ideals, edits the junior-size journal, supplying from her own pen the terse, expressive introductions, paragraphs, and sometimes a poem; for she writes beautiful poetry.

On the first page of each issue is this sentence, "We pray our humble service be measured not by gold, but by the Golden Rule. Edward J. Clifton." Mr. Clifton is the owner of both cafeterias.

And Mr. Clifton dares to put the golden rule to the acid test. Frequently in "Food for Thot" is this, "Pay What You Wish." "Dine Free Unless Delighted." You will find it also on attractive signs in the restaurants and on Clifton's letterheads. But it is not merely a slogan.

You can say you are dissatisfied and walk past the cashier without paying anything! When I paid my check one evening after my dinner, I asked the cashier if she was often passed by with no payment. "No. Only once in a while," was the smiling reply. So the golden rule will work—even in business.

Another outstanding feature of these restaurants is "Meals for Missions Foundation, Inc." This organization dispenses multipurpose food, a properly balanced ration. In five years they have sent more than 18,000,000 meals to hungry people in fifty countries through one hundred relief agencies. The relief and blessing thus bestowed would be impossible to compute.

In a place which holds to these high principles, practicing daily the golden rule, and spending its profits to bless those less fortunate—in such a place no beer belongs. And none is there!

Golden Rule for Alcohol



For eight years I have been editor of Clifton's weekly leaflet, "Food for Thot," a little four-page pocket-sized paper containing inspirational poetry, philosophical and informative prose, and occasional humor. It is free to friends and patrons who pick it up from the tables. Also we have subscribers the world over, to whom it is sent for merely the cost of the postage. Heartwarming letters tell us of folk helped by some morsel of "Food for Thot." For my part, I can say that it is a pleasure to work for people as genuinely fine and Christian as the Clintons of Clifton's. They bring into the atmosphere of their restaurants beauty, glamour, wholesome enjoyment—and Christ.

Clifton's "Brookdale" and Clifton's "Pacific Seas" are among the most popular eating places of Los Angeles and of the world, in spite of the fact that they have no bar. Here's one business that substitutes the golden rule for alcohol and makes it pay!

Esther Baldwin York
(Editor, Clifton's Food for Thot)

LITTLE SERVINGS OF "FOOD FOR THOT" From Editor York . . .

GARDEN-VARIETY HEROES. You know, it's funny about fame. Its like a tour through a plant nursery. Now and then we are shown some highly choice flowers and fruits. They are like the truly great people, the deserving ones, who through worthy deeds and honest endeavor have risen to a place of prominence. . . . We are apt to pass by the rows and rows of less pretentious, more familiar plants as unworthy of special notice. But are they? It seems to me we owe more recognition to the common garden-variety heroes and heroines who live daily the little sagas of struggle and triumph that go to make up the goodness and glory of our world.

THE ADRENALIN OF APPRECIATION. The most effective stimulant for tired, discouraged, and lonely

hearts is a word of genuine appreciation spoken when needed. Even the entirely happy person takes on a new glow upon receiving it. Look around you for things and attributes to appreciate and praise. Then express that appreciation to others and to God. The results will thrill you.

THE POWER OF A SMILE. When I was small, I was quite impressed with a motto by an unknown author, which hung in the room of my uncle and aunt. It read: "Smile awhile—and while you smile—another smiles—and soon there's miles and miles of smiles—and life's worth while—because you smile." The motto is yellowed and faded now, but the words are as true as ever. How little we know how far a smile can go!

Why Drink?

HELEN GREGG GREEN

Aren't there enough problems without adding to them?



This author isn't a Scrooge or an authority, but her article may help you make up your mind if you're on the fence.



DEVANEY

G NEVER take a drink. I have as much fun as those who do! Before my first marriage, and when I was a young widow after my husband's death, there were as many suitors in my picture frames as those of the girls stimulated by the popping of a champagne cork. Nor have my friends been less interesting, colorful, or individual!

Only one man ever objected to my being an abstainer—a stodgy bachelor on a West Indies cruise who crisply insisted, "You're left sitting at home a great deal!"

I assured him, "Nothing of the kind!" I was invited to parties given by officers and passengers at our table (the purser's), who chose new guests as they boarded the ship at each island. My censor was not asked to share these evenings, where no one noticed or cared whether I drank fruit juice.

Youngtimers frequently believe in "the romance of alcohol," feeling they're missing something if they do not drink. Frankly, all they're missing is the danger of becoming an alcoholic. "Drinking is sophisticated!" they reason. The sophisticate may be a poser. The real cosmopolite thinks for himself; his actions are the result of reasoning. He follows no one blindly, remembering it's provincial and old-fashioned to drink because of being thought prudish if one does otherwise.

The number of men and women suffering from alcoholism and admitted to mental hospitals has grown to staggering proportions. Many are from the most intelligent stratum of society.

Tanya, we shall call her, was only a social sipper for several years. Then came the war, bringing problems, the most serious of which was a missing fiancé. Her social drinking became abnormal in her wish to escape fear and insecurity. A pain-killer with the same effect as ether or morphine became her soporific.

Soon Tanya could no longer "take it or leave it." As Dr. Abraham Myerson of Harvard Medical School of Psychiatry points out, "Punishment is one of life's natural therapies."

Fortunately, the young captain returned. A doctor himself, he knew how to get to the root of the problem. Together they consulted a psychiatrist.

The patient entered a hospital and a cure was effected. She was taught orientation of values, an interest in community and world affairs, in those who needed help and encouragement. She learned to destroy the temptation to take a drink when the thought first formed. Life was resumed in a normal way, with the realization she was never again to take anything intoxicating if she wished peace of mind.

Conservatively, there are 750,000 alcoholics in the United States, and more than six million problem drinkers. About 80 to 90 per cent of the population of municipal and private hospitals are problem drinkers; at least 5 per cent of the 600,000 patients in hospitals for the mentally ill are alcoholics.

A confirmed alcoholic is the drinker who likes to drink better than he likes to do anything else. At this stage he is doomed, eating less and less as his system becomes saturated with ethyl alcohol, the base of all spirits. Vitamin deficiencies frequently cause Korsakoff's disease, the d.t.'s, and death. Because social drinking is generally accepted, many men and women indulge, not realizing they're walking on dangerous ground.

Young moderns have the mistaken idea that every desire should be satisfied. Since ability to cope with difficult problems depends upon stamina and moral fortitude, why do we often fail to condition and toughen our children to meet "the cold shower bath of life"?

If you're a young man or woman who is undecided whether to drink or not to drink, remember that a clear mind makes you more worth while and efficient, as well as amusing and popular. Drinking lowers intelligently stimulating conversation. Why put a ball and chain around your ankles in this competitive, difficult world?

Think of the good health and buoyant spirits enjoyed by the abstainer. On New Year's Day, Birdie, a maid in our apartment hotel, admonished a high-spirited youngster, "Don't run up and down the halls, Teddy! People have headaches!"

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"Playing With Dynamite"

CARROLL VAN COURT

World's Greatest Authority on Handball



HOW often have you heard a man say, "Liquor? I can take it or leave it alone, any time I want to." The trouble is, he never wants to leave it alone.

I feel sorry for those who can't leave liquor alone, but I have nothing but contempt for those who sell liquor for a living. How such people can sleep nights is a puzzle to me. They know that every drink they sell may ruin a man or woman for life.

I have seen so many big men and world champions utterly ruined for life by alcohol that if absolute prohibition were at all possible in this world I'd vote for it in a minute; and I'm pretty tolerant!

But we are a stubborn people. We hate to give up what we think is a source of pleasure. When measures are taken to prevent our killing our

children or ourselves, we howl that our liberty is being taken away.

Perhaps we will learn, someday, but it is going to be a long, hard pull and a terrific process of education, will power, and a real willingness to do what seems a simple, obvious, common-sense thing—stop doing what hurts us.

Science and athletic coaches have long ago proved that liquor does nobody any good, and those who drink "moderately," as they call it, are not only kidding themselves, but they are playing with dynamite.

I never drank or smoked in my life, but I have been a pallbearer many times to fellows who used to kid me for never drinking, but who died many years before their time and were twenty years or more younger than I am!

Playing handball for fifty-one years and teaching it for forty-one years have made Carroll Van Court the world's greatest authority on this sport. His published courses in handball are now in nearly every college, club, and public library in America, and are accepted by experts as the best ever written, being standard works in such organizations as the International Y.M.C.A. His long, vigorous association with sports puts him in a position to know about alcohol and athletics.

This enthusiastic handballist is also an authority on boxing, having published a boxing course that was chosen in 1948 as the official boxing method for the United States Army, the only such course publicly endorsed by the Government.

Mr. Van Court has been handball instructor of the Los Angeles Athletic Club since 1912. For sixty-one years he has participated in athletic clubs. Famous persons taking instruction from him include Wesley Ruggles, Charlie Ruggles, Everett Horton, Douglas Fairbanks, Sr., Jack Pickford, Frank Gotch, Dan McLeod, Charles E. Van Loan, Max Gold (National Champion in 1920), Paul Popenoe, Morley Drury.



"Not only do my wife and I abstain from alcoholic beverages, we do not serve them at any time. We don't really need to, for none of my intimate friends drink liquor or wines or beer. I would just as soon drink vinegar as champagne.

"Theatrical producers are very appreciative of actors who do not drink. They know that they can depend on abstainers to give good performances at all times because they do not dissipate their health with night life and alcohol. There was a time when the curtain's rising would be delayed in some shows for a half hour or more until some booze-filled actor sufficiently pulled himself together to go on the stage. But such is the case no more! If anything like that should happen now, the actor would find himself off the stage for good."

—*John Raitt.*

FRIEDMAN, PHOTO



WHEN "Three Wishes for Jamie," a rollicking, colorful musical, opened on Broadway last spring, the customary celebration was, strangely enough, dry as a W.C.T.U. convention. There was no champagne, not even beer at the gay event.

Doubtless the principal reason for this nonalcoholic opening party was that the guest of honor, the leading man, John Raitt, who had previously starred in other well-known musicals, was a total abstainer himself.

No football player in training leads a more well-disciplined life than does John Raitt. This is not strange when we consider that Raitt was preparing for the previously scheduled Olympic games at Helsinki when the Russians inconsiderately bombed the city, necessitating the calling off of the game.

In the Irish musical "Three Wishes for Jamie," he refuses liquor whenever it is offered to him.

Fortune seems always to have smiled on John Raitt. Besides having a handsome face, a fine, well-built body, a glorious voice, and natural acting ability, he also has a very pretty and charming wife, Marjorie, and two adorable children. They live in a lovely home in beautiful suburban Mamaroneck, New York, where John spends his free time gardening or cleaning and repairing his

Broadway Star Shuns Champagne

MADELINE GEORGE

John and Marjorie Raitt with their two children, Stevie and Bonnie.



station wagon or romping with the children, when he isn't playing golf or attending services at the Madison Avenue Presbyterian church, where they hold membership.

The Raitts never go to night clubs unless they are required to do so in connection with publicity for some play in which he happens to be starring. But even on those occasions he cannot be induced to imbibe any alcoholic drinks.

Frequently they give concerts in aid of worthy causes. Marjorie is John's able accompanist at the piano.

When inquiry was made as to the source of his high ideals and interest in religious activities, John Raitt referred to the stabilizing influence of his father, Mr. Arch Raitt, a west coast Y.M.C.A. worker. His wife's father was the Reverend Earl Haydock, a Methodist minister and active temperance worker.

Though a successful singing actor in New York City, John and his wife, Marjorie, have built a wholesome home atmosphere where the principles of better living are given priority.

After his graduation Raitt had three possibilities for a career—Y.M.C.A. work, professional athletics, and singing. When he was a student at the University of Redlands (from which he also graduated) he was very active in track and football. He had pre-

viously held the California State high-school championship and had won a track scholarship to the University of Southern California. But when he found that they would not let him play football on a track scholarship he transferred to Redlands, where he played both.

While in college, and after his graduation, he was called on so often to sing that he felt he ought to make singing his lifework. He applied for an opening in the Civic Light Opera Company and was accepted. Later he was signed up for M.G.M.; but, though they paid his salary, they did not seem to have any suitable picture for him at the time, so he spent his time singing at the Y.M.C.A. and other places. During that time the president of his alma mater asked him to return and play the lead in "The Vagabond King." Marjorie Haydock, then a sophomore at Redlands, was cast as leading lady. Raitt liked her so much that he later asked her to be his leading lady for life.

When asked if his father's teachings had kept him from drinking, he said, "Partly that and also my athletic training in high school and college. I remember once in a Hi-Y meeting a doctor showed us two livers pickled in jars. One was the liver of a drunkard and one was a normal liver. That demonstration made quite an im-

pression on me. We were told, too, the story of a woman who had wanted a baby for a long time. After much waiting she finally became pregnant and was very happy as she looked forward to the child's arrival. One day, however, she was killed by a jalopy driven by a young fellow who had had only two drinks. I could not forget that story. For that reason I believe in education against drinking, and smoking, too, for that matter."

As to his professional training, Raitt said that he has never studied dramatics so far as taking any courses is concerned. "I took part in amateur dramatics in college just because I enjoyed it. I learned by doing, I guess." In fact, he was already a professional before he even started to take voice lessons. Now he has his teacher, Mr. Richard Cummings, living right in his home so that they can practice daily.

If John Raitt has achieved stardom without training, we wonder where he would have gone with training. However, it is his opinion that some people spoil their natural abilities by wrong training. Well, nobody can accuse John or Marjorie Raitt of being spoiled, either professionally or socially. They are as natural and clean-cut as one could hope for—and they don't need liquor to pep them up, either.



World Report

An Example of Total Abstinence

DR. H. E. MOOKERJEE
Governor of West Bengal



FREE India has set herself the task of turning our motherland into a welfare state. In the old days the vices of the poor in the shape of the use of drink and drugs were taxed. They met the cost of the health and educational programs of the country which, it may be added, were largely taken advantage of by the educated and the well-to-do classes. While it is necessary that these amenities should be placed at the disposal of every citizen of India, rich and poor, it is undesirable, in view of the aim we have set ourselves, to finance them out of revenue derived from this tainted source. And it is for our leaders, as well as for the well-to-do and the educated, to set an example before their poorer fellow citizens by total abstinence.

I would sound an earnest and solemn warning against moderate drinking, occasionally found among the educated and the well-to-do classes. While everyone is disgusted with the drunkard, moderate drinking is not generally viewed with any degree of strong disapproval. Moderate drinkers belonging to all social and economic categories are asked to remember that statistics carefully collected and examined in

Western countries show that three out of every ten moderate drinkers ultimately become drunkards and that the social glass means often the opening of the door to a drunkard's grave. Every educated and well-to-do moderate drinker should remember that he is setting a very bad example before the uneducated and the poor, who are generally unable to control their appetite for drink and who are often tempted to indulge in alcoholic beverages by what they see their betters doing.

I may add here that at Raj Bhavan alcoholic drinks have been banned ever since the Congress came into power and also that in our embassies abroad the same rule is observed.

Being a firm believer in the efficacy of the pledge of total abstinence as a highly successful means of preventing the spread of the drinking habit, I am more than glad to say that I signed the pledge at the instance of my mother at the age of five and have since taken every opportunity that has presented itself to exert my influence on the side of total abstinence by renewing it whenever solicited by temperance organizations.



LIQUOR AND THE INDIAN PEOPLE

ELEANOR and ALEXANDER H. BRASS, Canadian Indian Leaders

We are often asked, "Why does liquor seem to take complete control of the mental and physical powers of the Indian, while he is under its influence?"

This seemed to have been the case in the Stronquill tragedy that took place at Kamsack, Saskatchewan, Canada, in the summer of 1951. According to all reports, Stronquill was a fine young man, a good provider, and devoted to his family. When he was given liquor by two white men, however, he beat his young wife to death while under the influence. He was given the sentence of two years less a day in jail, a trivial

punishment in comparison to the remorse he is now suffering, brought about by his own act in depriving himself so cruelly of the wife he dearly loved.

Though this particular case proves the complete control of liquor over the Indian, yet in our observations this does not apply to all Indians. There are those who indulge and spend more than they can afford, while their families suffer the consequences. But while they become dissipated from its use, it does not seem to affect them all as in the Stronquill case; notwithstanding, it

is undermining the race rapidly and the habit is growing.

In his primitive state before the white man came, the Indian was upstanding, self-reliant, and complete master of his own fate. Where is that mastery today? He is lost somewhere in confusion and in lack of education, where prejudice also has a chance to play a part. There is no doubting the fact that the seriousness of liquor underlies these prevailing conditions among the Indians. It must not be overlooked that the Indian has had the use of liquor in his background for only a few generations.

International Railway Temperance Union

The International Railway Temperance Union, established July 30, 1907, at Stockholm, now embraces ten countries, with the total of 63,000 adherents. The Union seeks the international collaboration of railway men in the promotion of total abstinence among railway employees. "The improved technique of our modern means of transport," says the Union's brochure, "requires men whose brain is not dulled by the consumption of alcoholic liquor and whose intelligence and sense of responsibility can thus be fully developed."

Mr. J. Rimensberger is the president of the organization.

The Union's national groups are as follows:

► CZECHOSLOVAKIA

This national group was founded in 1937 and has about 200 members. It is handicapped by lack of funds.



► GERMANY

The union of abstaining German railway men had its beginning in 1902. This group has failed to adhere strictly to total abstinence but requires complete abstinence while on duty. Railway men are given special instruction on the dangers of alcohol.



► SWITZERLAND

The Swiss national railway men's association of abstinence was organized in 1902 and has a current membership of approximately 1,200. At the present time the sale of alcoholic beverages is forbidden in all canteens of the Swiss Federal Railways. The necessity of sobriety is taught in tracts and in special numbers of the Association's paper. Railway apprentices in their professional training courses are given talks on the theme, "Sobriety, a Professional Duty."

► SWEDEN

The Swedish group, organized in 1893, is one of the most active of the national groups and boasts more than 4,400 members. The jubilee train, a symbol of the success of this total-abstinence movement, was run on the Swedish lines in an effort to further encourage members of the organization. A specially equipped chalet situated in an ideal skiing ground attracts young employees. The group publishes a profusely illustrated paper and receives financial grants from State Railway Administration and labor unions. The Railway Administration requires every job applicant to state in writing his position with regard to the consumption of alcoholic liquors.

► NORWAY

This society, founded in 1893, endeavors to spread the ideal of total abstinence through distribution of numerous pamphlets. Study circles and sporting events are organized among the 1,150 members to attract the attention and interest of younger workers.

► DENMARK

This very active national group has approximately 900 adherents.

► FINLAND

The Finnish group was founded in 1902. Misfortunes of war have made its task difficult. The group seeks to capitalize upon the sporting nature of the Finnish people by organizing championship contests.

► GREAT BRITAIN

The United Kingdom Railway Temperance Union has a membership of approximately 15,000. The Union's paper, "On the Line," has been published since the origin of this union in 1882. Prominent railway officers have collaborated with the group. The majority of the railway men's canteens serve no alcoholic beverages.

► HOLLAND

This influential Dutch national group is very active. Personal visitation and distribution of pamphlets, together with lectures and documentary films and its well-edited monthly paper, seek to convince railway employees of the necessity of total abstinence.

When the treaties were originally made, some of the chieftains of that time saw the evils of alcohol. One of them made this statement, "As regards the firewater, I do not like it and do not wish any house to be built to have it sold." The Queen's representative answered in part by saying, "He speaks good about it." We wish our chief had said, We do not want your firewater in our country. Another chief asked, "Is it true that my child will not be troubled by what you are bringing in?" The representative again answered, "The Queen's power will be around him." It is regrettable that liquor had to constitute the major part of this power.

The demoralizing effect of liquor is evident in the increasing illegitimacy on the reservations. In earlier years on our reservation a colony was organized,

where graduates from various Indian schools were placed to take up farming. These people passed a law "that no couple must live together unless in lawful wedlock, and there must not be any illegitimacy."

Along with the strict ban against liquor, this reserve was an honorable place for years. Then with the leniency of supervisors the law gradually became lax, and our reserve, like other reservations, now harbors illegitimacy. If these conditions of the reservations continue



to be looked on with apathy, they will continue to work hand in hand with liquor for the demoralizing of the inhabitants.

The Indians are a patriotic people. They love their Queen and country. Many served in the armed forces during the two great wars. Some are now serving in Korea and others are going to Europe. There are those who died side by side with their white brothers, hoping for a better recognition of those they left behind.

Here is a quotation from the treaties in the words of the Queen's representative: "What the Queen and her counselors would like to see is this: she would like you to learn something of the cunning of the white man." We fear we are learning too quickly and too much of the wrong kind of cunning.



MILITARY DIRECTIVE REGARDING ALCOHOLIC BEVERAGES

THE following is quoted from a United States Department of Defense Directive indicating the established policy regarding the use of alcoholic beverages by members of all the Armed Forces:

"The established policy of the Department of Defense with respect to the control, in accord with existing law, of the use of alcoholic beverages by members of the Armed Forces is to encourage abstinence, enforce moderation, and punish overindulgence. This policy shall be effected by the necessary restrictive controls and affirmative measures."

YOUNG ABE AND DR. JOHN

(Continued from page 10)

the big fellow. By actual measurement his feet were twelve and a half inches long, a fact which was the subject for much joking on the few occasions that Abraham Lincoln had shoes made while he was living in New Salem, near Springfield.

"The Lord gave you more'n the average mortal," Alexander Ferguson, the cobbler, joked with him once. "Most folks have only two feet. You've got more'n that."

"Yes, I guess he had some left over when He made me and didn't want to waste it."

But Abe's attire and his barefootedness would not have set him apart from the majority of the men on the outland village. He appeared about like the others, except for the book in his hand. Nor was his pose informal to the people there. They had too often seen him stretched out full length on the counter of the several log stores where he had clerked, studying law, grammar, or whatever book happened to be handy. Even when he became co-owner of a store, dignity never burdened him as much as getting more books did.

Now Lincoln's too-short trousers were pulled well up toward his big,

bonny knees because of the position he had assumed, and a casual observer might have wondered if, tried by his frequent squirmings, the one suspender holding up those trousers might not give up its task before long.

A shadow fell across Lincoln's book, and he looked up to see Dr. John Allen standing beside him, bridle rein looped over his arm.

Dr. Allen's straight, firm mouth had a certain strength about it which should have warned anyone he was not a man easily changed from a viewpoint once he had accepted it as right. Women-folk around the village considered "Dr. John" good looking—and "set in his ways."

Dr. John was prospering, and he was better dressed than Lincoln, who was barely making a living in his partnership with William Berry in one of the village stores. But there was nothing of the snob about Dr. John, and he liked this young man of keen mind and thirst for education.

Smiling so that his fine teeth showed, the doctor invited Lincoln to ride across the prairie with him to a cabin where "chills and fever" had struck.

As the two men rode along, after a brief stop at the store to see if Berry would be there for the morning, Dr. John expressed with some heat his beliefs about liquor.

While Lincoln may have joked about

the tirades of his political enemy, Peter Cartwright, Methodist circuit rider, who shouted denunciations against "likker," Abe took a serious attitude toward the statements of Dr. John, who knew all about people's "innards" and what whisky could do to them.

Liquor, according to Dr. John, not only burned up what he referred to as the "digestive tract," but also brought out the worst in a man's nature. In proof, he pointed out the savagery of the Indians when they were full of the white man's firewater, and instances known to both him and Lincoln where an otherwise good husband and father had beaten unmercifully his wife and children while under the influence of whisky.

The whisky bottle was a standard "home remedy" in most pioneer cabins for everything from snake bite to almost any ailment which beset the early-day settler. Because of this, many stated that the reason Dr. John was opposed to liquor was that he wanted to be paid for treating people "stead of them doctorin' of themselves." Others replied that money didn't matter to Dr. John as much as the things he believed. Dr. John was a strict Sabbatarian, they pointed out, as well as a good Christian. He was a Presbyterian.

"When he fust come he wouldn't practice on Sunday," they said. "A feller could be right at death's door, and he wouldn't want to do doctorin' on Sunday. Then he got to thinkin' mebber he should after all, seein's it's hard to get hep, so iffen anybody is real bad he'll come. But does he keep the pay for hisself? No, sir! He gives it to somebody as needs it."

This was true. Many a widow was grateful for meal, meat, or a bag of wool to be spun into yarn which was left at her cabin by the personable—and rather fiery—young doctor. Many a circuit rider benefited from a Sunday "fee."

Lincoln liked Dr. John, who lectured not only on the evils of drink but gave him much knowledge of the workings of the human body.

The two young men held lengthy discussions of the Bible as well. Because each studied the Bible and enjoyed a keen argument and the pitting of their sharp wits against each other, their rides were never dull events.

Some years later when Lincoln was a lawyer in Springfield, Illinois, some pioneer women were charged with disorderly conduct because they had wrecked a saloon where liquor was sold to their husbands. The incident took place before the days of Carrie Nation and her hatchet campaigns in Kansas.

Dr. John championed the women and hired Lincoln to defend them. During the trial Lincoln poured out a tirade against the liquor traffic, then turned and, pointing at Dr. John Allen, said: "There sits the man to whom I am indebted for my ideas upon the liquor question, and I desire to publicly acknowledge the same and to say that I am glad, yes, very glad, that I ever met him."

Another indication of the strong impression Dr. John made upon Lincoln may be seen in the fact that, despite his friendships with the rather wild young men of nearby Clary's Grove, Lincoln did not drink.

When Dr. John organized a temperance society in New Salem, Lincoln defended and upheld his action against the anger of the boys, the leader of whom was the powerful, burly Jack Armstrong whom Abe had bested in a terrific "wrestlin'" match. But he had won Armstrong's friendship, instead of enmity, and when the others of the gang demanded: "What's that — doctor thinkin' of when a feller's got a snake bite?" Jack stood on Abe's side.

Even some of Dr. John's church friends thought he was "going a leetle mite too far." When Mentor Graham, the youthful village schoolmaster and an inspiring tutor to Abe, signed the pledge, some of his friends were highly indignant.

The argument was: "The Lord put everything here for some purpose, and man is supposed to make the proper use of it. Whisky is a medicine, and should be used as such. A man would be a fool to sign a pledge." But Dr. John's movement never wavered.

As Abe and Dr. John rode along this particular morning, however, neither thought that the time would come when Lincoln's friendship with the doctor would be of as much benefit to Allen as Allen's was now to Abe. Allen, although still in Abe's age group, was rising to a position of influence; he was respected, becoming prosperous; he was educated.

Lincoln was as poor as Job's turkey, comparatively uneducated, and, while he had many friends and was struggling for higher education, few of his friends believed he had "enough push to git ahead in the world."

Lincoln did "git ahead." And always, among his many qualities that fitted him for the biggest job in the world was his unbending conviction on the liquor question. One might wonder about the possible differences in whole human history if that conviction had not early been developed and strengthened through Abe's friendship with New Salem's Dr. John Allen.

WHY DRINK?

(Continued from page 16)

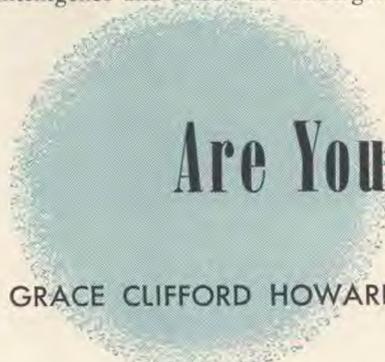
I shall not forget hearing a friend of mine toasted at a dinner party by her host, an outstanding industrialist, as one who could be "the life of the party 'without imbibing.'" Why not share her pride in taking a stand on something fundamental to the welfare of future generations?

If you're the type of thinker who sheds a beacon light in a time when intelligence and reason are undergoing

eclipse, *speak up!* If you believe drinking is a detriment to happiness and well-being, make yourself convincing! Young ears are listening to hear, "You can build a finer life, and have a better time in this complex world if you refuse to drink!" One thing is certain: *no total abstainer ever became an alcoholic.* So, why drink?

*"Wine is a mocker,
Strong drink is raging:
And whosoever is deceived thereby
Is not wise."*

—Proverbs 20:1.



Are You Cooking for an ALCOHOLIC?

GRACE CLIFFORD HOWARD

Since there are 750,000 and more alcoholics in the United States, someone must be cooking for them, for they certainly are not all women who are housewives. If you *do* cook for an alcoholic, has it ever occurred to you that your cooking might have some bearing on his alcoholism? Well, it might. If you are a poor cook, the man in your life may go out to the tavern to get a drink to forget about the poor cooking he has to tolerate.

Do you spice your foods highly? Highly spiced foods create a desire for drink in those who drink habitually, so in serving food of that sort you are quite literally "driving your man to drink."

Some therapists, in treating the alcoholic, demand that all stimulating foods and drinks be removed from the diet. An alcoholic has to be quite determined to overcome his difficulty in order to abide by the rules, for such therapists say no smoking, no tea and coffee, no meat, along with no highly spiced foods. But if he can take it, the results are good.

But, you may say, how can one live without meat? Protein *can* be supplied by other foods, and adequately, too. The cook in the family will have to learn how to make palatable dishes from these foods, dishes that can be enjoyed by the whole family, for it is hardly fair to the alcoholic to start him off on such a diet alone. If you share with him, it is one way of showing him that you and the family want to help him all you can.

To clinch your belief that such a diet is both possible and adequate, read what Frederick J. Stare and George W. Thorn had to say in the December, 1943, issue of the *American Journal of Public Health*. They were writing during the war, when meat was scarce, high, and often impossible to get.

"There are protein foods that could be made available in this and other countries; protein foods which are stable and of which stockpiles could be created for the time when they are needed in large amounts; protein foods which are superior not only in protein but in other essential nutrients. We refer specifically to wheat germ, corn germ, yeasts, dried legumes, and the various products which can be made from peanuts and soybeans. There is sufficient experimental evidence in animal nutrition that the vegetable proteins we have mentioned are high-quality proteins. They have an excellent supplementary quality among themselves and when used with the more common vegetable proteins—and man does not live exclusively off of any one or two proteins. We do know that when properly prepared, these superior vegetable proteins are well digested by human beings. True, their adequacy for human nutrition is in most cases not well known, but let us not reject them because of this."

Do you want to know how to prepare an adequate diet with such foods? The author of this article will gladly pass along a few suggestions. Write her in care of *Listen* magazine.



WALTER CHANDOHA, of Huntington Station, New York, is one of America's outstanding cat photographers. His feline photos have appeared in such magazines as *Coronet*, *Quick*, *Pageant*, *Family Circle*, *Everywoman's* and in color on the cover of *Woman's Home Companion*, *Parade*, and others. He has produced two books of cat photos—*Cat-Nips* and *Cat-a-Log*, and is working on a third.

Neither Mr. Chandoha nor his lovely wife, Maria, drink any alcoholic beverages. He says, "When I'm thirsty I drink milk or soft drinks. Sometimes people want me to give liquor to cats in order to take their pictures when they are intoxicated, but I don't think it fair to subject them to such treatment and I won't do it. I like animals and won't abuse them at any price."

It was Mr. Chandoha's sympathy for animals that got him started specializing in cat photography. It all began when he found a kitten out in the big blizzard around New York about three years ago. He took the kitten home and, first thing you know, he was taking pictures of it. Then he began to specialize in cat photography. Needless to say, the Chandohas have cats of their own, usually about a dozen, including kittens. Paula and Hank, the Chandoha children, who also enjoy the cats, were featured recently in *Life* after Mr. Chandoha took photos of Paula discovering her new baby brother.

While he tells us that his cats are teetotalers (or, should we say, milk-totalers) some of the pictures in this exclusive *Listen* feature look suspicious.



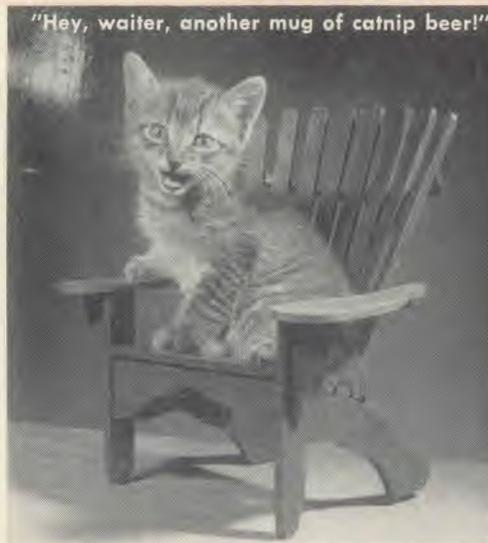
"What! Our cat-kin drinking again"

Living a Cat's Life!

Cat-Nippers' Cat-Astrophies



MADELINE GEORGE



"Hey, waiter, another mug of catnip beer!"

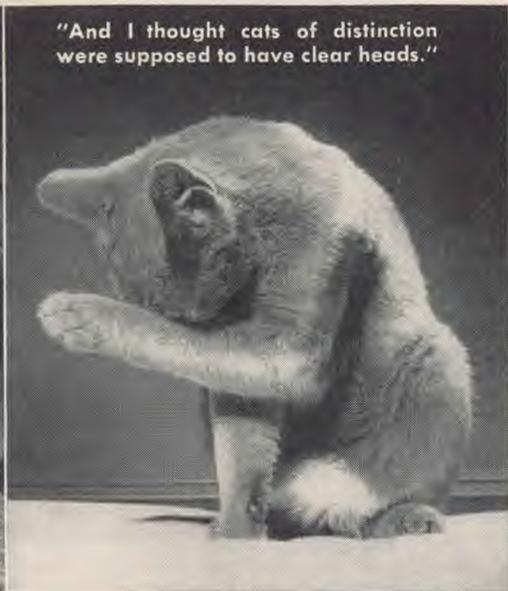


"And remember this, Kittens: the feline society elite are all abstainers."

What's the matter with me, hic?
I'm going around in circles."



"And I thought cats of distinction
were supposed to have clear heads."

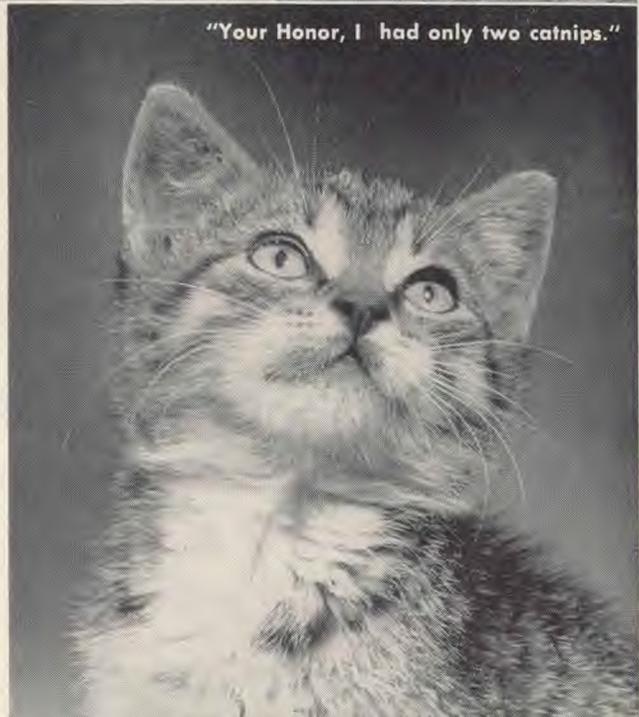


"Me-ow-w. How could two
beers land me in this jungle?"



Walter Chandoha poses his cat "Loco."

"Your Honor, I had only two catnips."



My drunken brawl is here-
with categorically denied."



"Getting drunk sure put me
in the doghouse."



"We glamour pusses don't go for liquor ads."



BLOOD in the human body fulfills a specific purpose, for as it circulates it carries nutrient material to feed the cells, tissues, and organs, and carries away the waste material. The composition of the blood is influenced by whatever is taken into the body. It may be improved by the intake of vitamins and minerals, and altered by the intake of other substances so as to cause abnormal conditions. Alcohol is among the substances which will reduce the efficiency of the blood, perhaps to such a degree that health is seriously impaired.

The blood vessels are the means by which the blood is conveyed to various

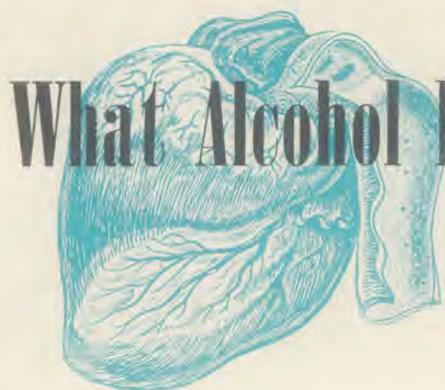
The brain itself is subjected to various changes because of the alteration in the blood vessels brought about by alcoholism. Some of these changes are degenerative in nature, giving rise to loss of memory, loss of intellectual ability, various types of insanity, and, in quite a few cases, paralysis.

The little brain, or cerebellum, is also affected by the use of alcohol. In eighteen of the twenty cases studied, the changes in the cerebellum consisted of acute swelling, due to blood-vessel changes. The unsteady gait of alcoholism comes about because of changes in the cerebellum. If the damage is severe enough, the walking ability of the in-

an abnormal loss of body heat when the blood vessels are chronically dilated.

The blood itself is subjected to a wide variety of changes in chronic alcoholism. These changes are the following: There is an increase in the production of lymphocytes. Because of this the ability to fight off infections is much decreased. For this reason the alcoholic is more easily subjected to all sorts of infections which the normal individual is able to fight off with ease. His recuperative powers from acute illness are also much reduced.

The blood-chloride level is also lowered in alcoholism. This loss of chlorides is responsible for the production of



What Alcohol Does to the Blood and Blood Vessels

EDWARD PODOLSKY, M.D.

parts of the body. These vessels are susceptible to changes where changes occur in the composition of the blood. Alcohol can cause pathological changes in the blood vessels if used extensively.

Let us consider first the changes that take place in the blood vessels. We all know that among the characteristic signs of a chronic alcoholic are a constantly flushed face and a red nose. These conditions are essentially due to blood-vessel changes. Alcohol has a pronounced tendency to dilate the blood vessels and capillaries, and they may remain chronically and permanently dilated. However, these are the least dangerous of the blood-vessel changes. There are other and more serious changes in vital parts of the body.

In eighteen out of twenty cases of alcoholism which Drs. L. H. Ziegler and H. C. Horner studied, the brain was removed at death. In every case the brain at autopsy was described as showing congestion of the vessels and a general increase of fluid in the sub-arachnoid space—the typical wet brain of alcoholism. In twelve cases there was definite gross arteriosclerosis of the blood vessels at the base of the brain. Brain hemorrhages were found in six of the cases. In one case there was softening of the brain due to blood-vessel changes because of prolonged intake of alcohol.

dividual may be permanently affected.

The spinal cord is also subjected to pathological changes in alcoholism. Minute hemorrhages are seen in various parts of the spinal cord, which in many cases may lead to paralysis.

Drs. Ziegler and Horner sum up the changes of the blood vessels in the central nervous system as follows:

1. Alcoholism, in time, causes a hardening of the medium- and small-sized blood vessels in 80 per cent of the cases.

2. The blood vessels become inflamed and enlarged, with a tendency for hemorrhages to take place.

3. The brain becomes waterlogged because of the loss of water from the blood vessels. In time, permanent changes take place in the nervous system, such as degeneration, atrophy, softening, and loss of function. These changes result in intellectual deterioration and paralysis.

As has been noted, one of the chief changes brought about by the chronic use of alcohol is dilatation of the blood vessels. This causes a lowering of the blood pressure, sometimes quite rapid, which may bring about shock. The blood pressure of the chronic alcoholic tends to be low. For this reason he feels sluggish, weak, and incapable of meeting the ordinary demands made upon his body. The metabolism is also seriously interfered with, because there is

edema and waterlogging of the internal organs, such as the brain, the spinal cord, and the liver. Furthermore, the too-low chloride level is also responsible for the tendency to bleed internally, with quite drastic results. Chlorides are essential in maintaining the proper osmotic pressure of the blood. Once this is changed, the blood volume in the vessels is so altered that the circulation becomes sluggish.

The glucose level in the blood is reduced in cases of alcoholism. Glucose is needed for energy. The reduction of it in the blood is responsible for the sluggishness of the alcoholic and his easy fatigability.

There is also an increase in the amount of blood insulin in alcoholism. This leads to what is known as hypoglycemic shock—acute weakness, faintness, extreme exhaustion, and the cold sweat and almost complete collapse seen in many cases of alcoholism. Insulin in too great quantities in the blood further reduces the amount of blood sugar. In quite a few cases this may lead to abnormal behavior—even criminal behavior.

Another important observation made in the blood analysis in alcoholism is that there is a definite decrease in the plasma ascorbic acid level. Ascorbic acid is one of the most important vita-

(Turn to page 30)

20 MILEPOSTS TO HAPPINESS

BEFORE the advent of the automobile I remember accompanying my father on a business trip to a little town in Iowa. The hot August sun and the dusty road made the trip seem overlong, and to an impatient lad of my years, it seemed endless. Finally, father stopped the mare under a shady elm for a breathing spell.

"Fred," he said, "see that post over there, across the road?"

"Yes," I replied. "What about it?"

"Go over and see what it says on it."

I got out of the buggy and, going over to the post, I spelled out the words, "Three miles to Centerville."

"We're almost there!" I shouted, and my spirits revived.

"You don't seem very tired now," said my father, as I ran back to the buggy and climbed in. "A milepost is a great invention, after all."

As we travel the long road in search of happiness, there are mileposts along this journey of life. They can be compared to the attributes we all possess, which, if developed properly, assure success and happiness. Here, for your consideration, are thumbnail sketches of twenty mileposts to happiness. Be sure to see them as you are traveling.

ENTHUSIASM is a great stimulant to success. Without it man is like a lump of inert clay. However, our enthusiasm must always be tempered with reason. No man can bore a big hole with a shoemaker's awl.

AMBITION is a fiery steed. It will carry one far and fast if he can stick

on its back. The brute requires a strong rein and an able rider. Don't let it throw you.

IMAGINATION is the mind's eye at work. There is no great achievement but had its beginning in someone's imagination. Lowly birth is no bar to either imagination or achievement.

RESOURCEFULNESS is like a rubber ball: the harder it falls, the higher it bounces back. Remember, too, that the truly resourceful person always has something to fall back on, other than his anatomy.

SILENCE, besides being conducive to rest, is also the secret of safety. A silent man is usually a thoughtful man.

CONCENTRATION is the faculty of bringing thought processes to a point. Many find this quite difficult.

JUDGMENT, the pathway to truth, lies through the forest of comparison, over the ridge of discrimination, into the valley of decision. It is a wonderfully interesting trip.

DETERMINATION changes "I wish" to "I will." It consists of settling on a line of action and adhering to it in every detail. Determination should go hand in hand with judgment.

CONFIDENCE, the brother of success, helps you do what you think you can. A confident man, however, is not to be confused with a "confidence man."

COURAGE is that attribute that makes you keep on fighting when you know you're licked and you're scared to death, but you won't quit.

INITIATIVE is the power of start-

ing something. Without it no great thing would ever get started. It is the power of commencing.

FIRMNESS is the courage of character, the strength of will, and the sincere soundness of fidelity. It is brother of determination. Neither of these attributes should be confused with mulishness. The latter is asinine.

FRIENDSHIP is one of man's greatest blessings. To gain a friend, a person must be a friend—thoughtful, sympathetic, unselfish, kind, and truthful. So being, you cannot fail to improve yourself.

MODESTY is a great asset. True merit is like a river: the deeper it is, the less noise it makes. If you're good, don't brag about it. Let folks find it out and be surprised. Any ass can bray, and generally does.

PATIENCE is the bearing of trial, calumny, and misfortune without complaint. It is the quintessence of self-control. It is an essential to wedded bliss, an absolute necessity for the long haul.

APPLICATION is the art of putting theory into practice, but be sure the theory is sound. Unsound theories put into practice are dangerous. Some doctors have put theory into practice and the patients died.

TACT is the application of sincerity, judgment, kindness, and consideration in your relations with your fellow man. A little tact may mean the difference between smiles and tears.

(Turn to page 29)

KEYSTONE





W. Roy Breg guides Allied Youth as executive secretary.

Smart Teen-Agers Don't Drink

Omer Henry

Top names appear on the roster of Allied Youth's board of trustees: Russell E. Singer, executive vice-president; Frank E. Gannett, president of the Gannett Newspapers; Head Coach Carl Snively of North Carolina University; Richard B. Kennan of the National Education Association.



S

OME months ago the president of a distilling company attended an Allied Youth meeting. As he left, he remarked to a friend, "That organization will cause us a lot of trouble if it keeps on this way!"

He was right. Allied Youth has a positive and continuing program to the end that teen-agers shall not drink alcoholic beverages.

It is succeeding. Those who scorn it at first often become its leaders later. T— M— of Florida was such a boy. He looked on AY-ers as sissies.

One evening he attended an AY meeting "to laugh at the bunch" and cause a disturbance if he could.

"Before the program ended," he said later, "I had changed my mind, joined, and paid my dues!"

Allied Youth appeals to the imagination and intellect of modern, sophisticated young people. In a calm, factual, and objective manner it sets out to make a case for itself—to convince teen-agers it's smart not to indulge in intoxicants. Here are some of its arguments and methods.

Allied Youth blasts the notion that drinking and success are synonymous. It produces a deluge of incontrovertible evidence to the contrary—including the experiences of top athletes.

In his four magnificent years as quarterback at Southern Methodist, Doak

Walker gained 2.2 miles net for his team.

"One of my greatest satisfactions," he reports, "is the fact that I have always abstained from intoxicating beverages. I know that I have given my best to my school, my coaches, and my teammates. I could not feel that way if I had done any drinking either during or out of season.

"Having seen the advantages of clean living to college athletes, I have definitely planned to leave intoxicating drinks alone throughout life. I think such action will make for a happier life for me and those associated with me."

Famous football coaches re-echo the sentiment: "Stamina, skill, and precision suffer if alcohol is used;" "Drinking has a harmful effect on nervous reactions and mental processes;" "Mental and physical reactions are slower, and a drinker on the squad injures its morale;" "Athletes must be in top form; drinking leads to an inevitable letdown, a period of ineptitude."

Allied Youth presents facts. "What we try to give," says Roy Breg, executive secretary, "is the truth in this matter. A great many half-truths and untruths have grown up about the subject. We attempt to dispel them."

Through its publication, Allied Youth circularizes important information relative to the use of intoxicants, such as:

Leading medical men around the world have searched in vain for evidence that alcoholic drinks are beneficial to normal, healthy persons.

Based on long experimentation, these beverages now have no scientific backing as a tonic, food, or medicine.

Digestive ailments are common among drinkers and lately it has become known that vitamin deficiencies occur often among drinkers.

In cases of illness, a drinker faces his battle with reserves depleted. He cannot depend on the handicapped digestive system to fight for recovery and recuperation.

Regular drinkers do not live as long as do abstainers. So insurance companies refuse many applicants who make drinking a practice, even though their use of alcohol does not seem excessive. Statistics prove that a drinker is a poor risk—a subnormal.

Such evidence is effective. "I want you to know," one AY-er wrote, "that because of the facts I have learned this year in Allied Youth, I will never drink even though liquor is in our home all the time. I believe now that it is best never to start using alcohol. Then I know I won't have to stop."

Allied Youth points out the relation between drinking intoxicants and crime:

Alcohol harms the nerves and brain. Within a few minutes after one takes a



Buck Hill Falls, Pennsylvania, is dear to the hearts of Allied Youth. They trek here for their annual meetings.

drink, one fifth of its alcoholic content has entered the bloodstream. The alcohol-laden blood washes through the brain and moves along the nerve cells whose fatty substance eagerly absorbs some of the alcohol.

The alcoholized cerebrospinal fluid, contacting the nerve cells and fibers, causes further injury to the control tower of the body. Under such conditions the drinker's ability, judgment, and self-control are impaired. His emotion, rather than his intelligence, directs his actions.

A single glass of beer will diminish a driver's precision and attentiveness.

The New York State Bureau of Motor Vehicles reports that the drinking driver is far below his normal efficiency because of delayed reactions, blurred vision, and drowsiness.

Real life, too, becomes a part of Allied Youth's machinery to show drinking objectively. The "Show-Me-Tour" is a device by which AY dramatizes the results of using intoxicants. It consists of a group of teen-agers attending a half-day session in court.

There they are able to hear traffic cases judged and see the parade of tramps, drunks, and vagrants whose condition is so intimately connected with the use of liquor. Seeing what goes on in a courtroom and hearing the testimonies of such individuals is convincing evidence that alcohol is bad medicine.

"From all I have read about crimes, accidents, and other terrible tragedies happening while one is under the influence of alcohol," A—R— of New Hampshire wrote, "I see but one sensible plan to follow in connection with intoxicants—never use them."

Allied Youth does much to relieve the pressure for social drinking. "It is not necessary to drink to be popular," AY argues. It cites dozens of the most

popular figures on today's college campuses who do not drink. For instance:

Rufus Barkley, Virginia quarterback, says, "The social pressure to drink is foolish. I am twenty years old and I have never taken a drink of any alcoholic beverage. I know that my refusal to indulge in intoxicants has not hurt my friendships, and I have heard many people say that they respect me because of my refusing to drink."

Tennessee fullback Andy Kozar has essentially the same testimony. "A person should not be ashamed of the fact that he or she does not drink. I do not drink and am proud of it."

Perhaps Bob Williams, Notre Dame All-American quarterback, puts the matter even more potently. "I've never taken a drink and I don't plan to start

now," he says. "From what I've seen, it seems people think it is smart to drink, but this is false. No one has ever been known to go wrong by refusing a drink."

Fun Without Drinking

Allied Youth seeks to build the kind of well-adjusted personalities and life patterns which require no indulgence in beverage alcohol. In its organization manual one finds specific and helpful outlines on how to have fun without liquor, how to get the community behind the AY-ers, and a dozen workable plans to make teen-agers happy. This requires intelligent planning and continued and positive effort, it is true, but it works, and it is well worth while.

20 MILEPOSTS TO HAPPINESS

(Continued from page 27)

COMMON SENSE consists in keeping more in your pocket than on your back. Fine feathers make fine birds, but, even if you could buy eats with feathers, you wouldn't want to look like a plucked chicken.

CHEERFULNESS is the bubbling over of the kettle of good will. A cheerful caller is an always welcome one.

FAITH, the greatest attribute of all, cheers the heart, heals the wounds and bruises of life, and solaces the soul. Yes, faith in yourself, faith in your fellow man, and, above all, faith in God.

The road of life may not always be smooth, but the journey will be much more worth while, and seem shorter, if we take heed to these twenty mileposts to happiness.

"Men of Distinction"

GRACE NOLL CROWELL

"Men of distinction," you are very svelte
And tailor-made, yet all the while you play
With hot, ferocious fire that has dealt
Many a man a death blow in his day.

You have a look of great prosperity
And of worldly wisdom for youth to admire;
Your attitude cries out for all to see
"There is no danger" playing with that fire.

The distillers in a serpent way are wise;
They veil the ruination they have wrought.
They hide the inner scars from youthful eyes
And strive to leave behind the rosy thought

That life is at its best when mankind stands,
A fiery liquor grasped within their hands.

A HOTELMAN LOOKS AT DRINKERS

(Continued from page 13)

spirits without bottles of liquor. The cocktail hour is a curse in this country.

Helen, who teaches at the local school, terms the fifth kind of drinker "Ape Drinkers." These are the teen-age youngsters who want to grow up in a hurry. Wanting to convince everyone that they are mature adults, they do what seems normal to them—find out what adults do and copy the pattern. At first they hate the taste of the drink, but dare not show it in the presence of their fellows. So they gulp the drink down, and try a second or a third. Then it becomes a habit. What a tragic commentary on a society that is trying to blame others for most of the faults without looking at its own soul.

Hans, the psychologist, calls the sixth kind of drinker the "Nondrinker."

Ted, who was my bell captain, claims that the seventh kind of drinker is the "Spree Drinker." This drinker may check into the hotel alone, or with a partner, shunning other guests. Such remain in their hotel rooms all day, finishing bottles of their favorite drink. They go on a drunk that lasts sometimes a week. Then they return to their home town and go among their friends, who never suspect this other "side." You'd be shocked at the list of people who seem to have this peculiar kind of weakness.

Louise, a middle-aged wife doing her best to look young, names the "Boastful Drinker." Louise's husband is the man responsible for the classification. He likes to drink and is always boasting about his capacity to hold liquor, as though it were a wonderful achievement. He needs no second invitation to a drink at any time of the day. He holds in contempt the person who gets

provided he has the kind of people around him that can be impressed.

Leo, a cop who has been on the force for more than twenty-five years, has a beat in the part of the city called "The Bowery," "Skid Row," or "Hell's Haunt." He sees the "Dead-End Drinkers" lying on the corner, or with feet sticking out from an alley. They have come to the end of the line and all they live for is to bathe themselves internally with alcohol, regardless of how crude or cheap the mixture is. The other nine types of drinkers hate to think they may end up as this tenth type. Yet "Dead-End Drinkers" start somewhere!

If we are ever going to handle intelligently this problem of drinking, we must recognize that drinking is at present a part of our social set-up. It can, however, be eliminated if something better is substituted in its place. That is why I feel we must consider drinking not as one big problem, but as many problems involving the viewpoints of the various types of drinkers. It is correct to say that drinking is a way of running away from life. When people are willing to tackle the task of living decently in a decent world, then the drinking of alcohol will be unnecessary and the great problems arising therefrom will be of themselves solved.

Try This Drink Cure

C. L. Paddock

If you would like to quit drinking, yet find the going hard, here is a simple plan which helped one young man to stop short.

One night when under the influence of liquor, this young man wandered into an eating place and began to make himself a general nuisance by his loud, silly, vulgar talk. He acted like an imbecile. A friend of his, who was a court reporter, happened to be in the restaurant. Reaching into his briefcase, he took out a notebook and pencil and took down word for word everything the drunk man said. He transcribed it verbatim the next day and sent it to his friend.

It wasn't long after the letter was delivered until the young man came to his friend's office carrying in his hand the typewritten sheets.

"What is this, anyway?" he said.

"It is a word-for-word report of your silly, empty monologue before a group in the restaurant last night."

"Honest, Henry, did I talk like that?" he asked. "It is hard to believe I would be such a fool. If drink makes me as crazy as that, I'll never drink again." And he kept his word.

That sounds like a contradiction, but if you have traveled much, it makes a lot of sense. Take the fellow who guzzles only beer. He doesn't think of himself as a drinker. "Beer isn't intoxicating," he tells you. "It's whisky that does the damage." The wine drinker says, "Why, everyone knows that wine is a necessity with food. It's beer that does the damage." And the Scotch drinker has the same excuse, "Even a kid knows that Scotch is really medicine. It's wine that will kill you." These people "kid" themselves that they really *aren't drinking* the stuff that will affect them. It is always the stuff that the other person drinks which is thought harmful.

drunk, and claims this can never happen to him.

Ralph, a publicity man, names the ninth kind of drinker the "Connoisseur." He is the man who can always spot the better of two competitive brands, who knows everything about vintage years, who even makes a ritual about the proper drink to serve at a given occasion. He shudders when he is told about bargains around the corner in the liquor store. He'll spend a lot of money for a bottle of stuff he won't even open because it is so rare and precious. He doesn't seem to be the type of man who does a lot of drinking, but he certainly is impressive,

WHAT ALCOHOL DOES TO THE BLOOD AND BLOOD VESSELS

(Continued from page 26)

mins that the body requires. Alcohol tends to decrease it and bring about a condition of avitaminosis. Alcohol is notorious as a destroyer of vitamins in the body, and this, of course, leads to severe impairment of the general health of the individual.

There is also a significant elevation of the total blood lipids in most cases of alcoholism. In other words, the fatty-like chemicals in the blood are increased beyond normal proportions. This further means that these lipids, or fatty bodies, are much more available for entrance into the walls of the blood vessels. When this is the case there is a much greater tendency toward hardening of the arteries. The more lipids there are in the blood, the greater are the chances for hardening of the arteries to occur. This is the physiological reason for the greater percentage of arteriosclerosis in chronic alcoholics.

There is not the least doubt that alcohol, taken over long periods of time, will lead to definite changes in the blood vessels and in the blood itself. These changes are of a severe and pronounced character and of such a nature as to interfere seriously with the health and efficiency of the individual.

Beer-Shattered Dreams

Occasional drinkers may think this story far-fetched. So would Jim and Mary have thought, had they read it before taking a couple of ice-cold beers.

LAWRENCE
MAXWELL



SHE was waking slowly from what must have been a very deep sleep. As she lay there, she smiled. It was nice having Jim home. He had been gone a long time in Army service, and life hadn't been too happy during his absence. She had been dreadfully lonely without him, and the limited funds he had sent hadn't stretched very far.

Now he was back. It was so good to have him around. Soon he'd have a better job, and with the kind of salary she was sure he could command, he'd supply her with the things her heart most longed for.

Jim had been amazingly kind since his return, always attentive and thoughtful. The only blot, she mused, was that once in a while he would stay after work for a beer with the boys, and then he'd come home irritable and cross. On such occasions he wasn't the kind husband she liked so well. He was impatient with her, said rude things, and a time or two he had even slapped her. But when he was sober he would be surprised to learn what he had done, and would always apologize. He promised her faithfully that when they had enough money to move out of the trailer into a real house he would never touch the stuff again.

To be sure, she reflected, she could hardly blame him for drinking once in a while, because every now and again she indulged. Never very much, of course. And she justified herself with the assurance that she never hurt anyone by drinking. She knew she could leave it alone any time she wanted. In fact, she had promised Jim that when he bought a new house, she would stop drinking, too.

That new house! How she looked forward to it! In her dreaming she could see the various rooms, the beauti-

ful dining room, the well-appointed parlor, the comfortable bedrooms, and the kitchen. That kitchen! She could hardly wait to start work in it. She pictured herself already there. She was preparing the meat dish. Indeed, it was all so real to her mind that she fancied she even smelled the odor of the meat. It was beef or mutton or veal. She couldn't quite tell which.

Funny how thinking about things you want makes you want them all the more. She was getting so impatient for the day when Jim would burst into the trailer and say, "Come and see the house we're going to live in." Trailer houses were so unsatisfactory. For one thing, the beds were hard. They seemed particularly hard this morning—and cold, too.

She reached for the bedclothes, but couldn't find them. So for the first time she opened her eyes—to make the startling discovery that there weren't any bedclothes. In fact, she wasn't in bed at all. What should have been white sheets was green—she was lying on the lawn.

"How did I get here?" she wondered. "I do hope I'm properly dressed for being out in public. Which dress am I wearing?" She bent her head around to look. "The red one? But that's strange. I don't have a red dress. What's going on here anyway? Waking up in the morning to find I'm out in the garden in the middle of the afternoon, wearing a dress I don't own."

She scrutinized the dress more closely. Her blurry eyes made out that the red wasn't all over the dress. Only in patches. As she looked at it more closely, she noticed that the meaty smell was stronger than before. Unusual to smell something in a dream, and then wake up and keep on smelling it.

Then she saw that the red was on her hands, too, stiff and sticky. It was all around her on the lawn. And there was Jim, lying a little way off, with more of the red stuff on his clothes. Pretty big cleaning bills coming up, she thought.

Odd to see Jim asleep on the lawn. Must have been sun-bathing. But why that smell?

Then she caught sight of the butcher knife lying not far from her right hand, and understood. Apparently she hadn't washed it since the last time it had been used.

She noticed several of the neighbors gathering around. These gawking, meddlesome neighbors! You couldn't even lie on the grass without becoming a gazingstock. They seemed excited about something. They were talking in high-pitched voices about a fight. Said a couple of people had been drunk, and something or other had touched off a brawl that could be heard blocks away.

She wished she could only wake up better. She wanted to find out all the details. The shame of it! To think that there was someone living in the same trailer court with her who would get into a drunken fight! Why didn't the silly people learn to control their liquor? She would have to move from this court even if Jim never found a house. It was unthinkable to stay in the same place with drunkards.

But why were the people looking at her all the time? It was almost as if some of them thought *she* had been drinking too much. How absurd! She'd admit she had taken a little, the day was so hot. But only a couple of ice-cold beers, and everyone knew a couple of beers didn't make you drunk.

(Turn to page 33)

NATURE'S TRUST

By the faith that the wild flowers show when they
bloom unbidden,
By the calm of the river's flow to a goal that is hidden,
By the strength of the tree that clings to its deep
foundation,
By the courage of the bird's light wings on its long
migration,
(Wonderful spirit of trust that abides in Nature's
breast!)

Teach me how to confide, and live my life and rest.

LITTLE POEMS WITH BIG MEANINGS

A PRAYER

Speak, Lord, in the stillness
While I wait on Thee;
Hushed my heart to listen
In expectancy.

MAN TO MAN

Speak no evil, and cause no ache;
Utter no jest that can pain awake.
Guard your actions, and bridle your tongue;
Words are adders when hearts are stung!
Help whoever, whenever, you can;
Man forever needs aid from man.
Let never a day die in the west,
That you have not comforted some sad breast.

SUCCESS

Success is speaking words of praise
In cheering other people's ways,
In doing just the best you can
With every task and every plan.
It's silence when your speech would hurt,
Politeness when your neighbor's curt;
It's deafness when the scandal flows,
And sympathy with other's woes.
It's loyalty when duty calls;
It's courage when disaster falls;
It's patience when the hours are long.
It's found in laughter and in song;
It's in the silent time of prayer,
In happiness and in despair.
In all of life, and nothing less,
We find the thing we call success.

Beside the Silent Sea

I know not what the future hath
Of marvel or surprise,
Assured alone that life and death
His mercy underlies.

And so beside the silent sea
I wait the muffled oar;
No harm from Him can come to me
On ocean or on shore.

I know not where His islands lift
Their fronded palms in air;
I only know I cannot drift
Beyond His love and care.

And Thou, O Lord, by whom are seen
Thy creatures as they be,
Forgive me if too close I lean
My human heart on Thee.

OLD FRIENDS

New friends I cherish and treasure their
worth,
But old friends, to me, are the salt of the
earth.
Friends are like garments that everyone
wears—
New ones are needed for dress-up affairs.
But when we're at leisure we're more apt
to choose
The clothes that we purchased with last
season's shoes.
Things we grow used to are things we
love best—
The ones we are certain have weathered
the test.

And isn't it true (since we're talking of
friends)
That new ones bring pleasure when
everything blends?
But when we want someone who thinks
as we do
And who fits, as I mentioned, like last
summer's shoe—

We turn to the friends who have stuck
through the years,
Who echo our laughter and dry all our
tears.
They know every weakness and fault we
possess,
But somehow forget them in friendship's
caress.

BEER-SHATTERED DREAMS

(Continued from page 31)

Two policemen were walking around, asking questions and writing in little pads. It really must have been a fight, to get the police out!

An ambulance screeched to a halt beside her, siren wide open. Strange that Jim was sleeping so well. All the noise of the crowd and the howling of the ambulance didn't disturb him at all. He usually slept very lightly. Maybe he preferred his bed hard, and that's why he hadn't made any stronger effort to find a new house.

Two men in white came over to where Jim lay. She saw one of them shake his head, and they lifted Jim onto a stretcher. The other got out a sheet and covered him, even his face. "They shouldn't do that," she thought. Jim always liked his bedclothes down away from his head. That was why, a few moments ago, she had had to reach down to pull them up over herself. Oh, no, it wasn't. That's right. She hadn't been in bed, only thinking she was. She'd really been on the lawn. Oh, dear, what *was* going on? But she did know that Jim wouldn't be comfortable with that sheet over his face. She'd better go and tell the men to pull it down.

But when she tried to go, they seemed to be dancing all over the place. Besides, her head was aching. If only all these people would go away! She wanted to go in and lie down for a while. Perhaps after a few hours sleep, this hang-over would wear off. She stumbled toward the trailer.

"Not so fast, young lady. You are coming with us. You are under arrest." It was one of the policemen.

The trial came soon after that. A twelve-year-old boy said he had seen everything that happened. She pleaded guilty.

There followed several days in the county jail, in a small room housing five or six other women, the local drunks and prostitutes.

While she was there waiting for sentence, someone suggested she try to reverse her guilty plea, and ask for leniency on the basis of insanity. But she spent her time in jail working crossword puzzles, and the court judged that a woman capable of enjoying that sort of pastime was mentally healthy.

To make the story short, both Jim and Mary got the move they had looked forward to—and it didn't cost them anything. To be sure, they didn't get quite the house Mary wanted. Jim's new home was rather small—about six feet long, and not over two feet wide. But it was big enough for all his needs.

Mary fared better. Her new home was larger than anything she had ever dreamed of. And she doesn't have to worry about getting the food ready, or even paying the rent. The judge gave her a long term in California's prison for women at Tehachapi.

That's a gruesome story, but it's true. It actually happened. I was told it at the county jail where Mary was detained before going to Tehachapi.

Worst of all, this story is being repeated, with occasional changes of detail, in hundreds of otherwise happy homes. The moral is, Leave liquor

RECIPE FOR HAPPINESS

Nell Henley

COMBINE one husband, one wife, and a number of children, assorted sizes (these are optional, but add a delightful flavor). Using a strong unity, blend well together. Add a pinch of helpfulness, a sprig of loyalty, and a dash of patience. Mix a generous portion of smiles and a few drops of tears. Fold these ingredients into the mixture. Stir until it forms a light consistency. Sprinkle with a little kindness, and garnish it with love.

This delicacy, called family happiness, should not be taken with a grain of salt, but if completely digested, is good for heart nutrition. Regular servings provide minimum requirements for healthy, congenial living.—*The Progressive Farmer*.

alone! And that means beer, too. Maybe you will get by. But what a risk! Tragedy stalks every home where beer or wine is drunk.

Next time you plan to serve wine at home, Don't! When someone urges, "Be sure to include the beer in the picnic basket," Don't! When you go out to do the shopping, and you reach for the liquor, Don't!

Remember, instead, the sad story of Mary and Jim. Remember that this could happen to you. Summon all the will power you've got, and *leave the stuff alone!*

And when your will power is not enough, remember the story of Jesus Christ, that He is able to save men and women from the curse of drink. Ask Him to help *you*. Mean it, and He will.

FOUNDATIONS OF HAPPINESS

(Continued from page 8)

this function is the establishment of absolute fidelity between husband and wife. When husband and wife are unquestionably true to each other, the influence of this healthy relationship not only permeates the home, providing a sense of security for each of its members, but radiates throughout the community and exerts a stabilizing influence within the entire circle of friends.

The veneration in which marriage is held in the home, the community, the church, the nation, is a reliable index of the moral quality of that home, community, church, or nation.

The home provides the setting for determining the attitudes and standards of the next generation. It is within the home that opportunities are afforded for incorporating the principles of true democracy and regard for the rights of others. Here respect for proper authority is learned. Here parents may demonstrate to their children the desirability and necessity of loyalty to the group and proper respect for law and order. And here also a respect for personal obligations is established. The basic responsibility for maintaining the standards and ideals of society rests, therefore, in the home.

4. A fourth major function of the home is to provide an ideal place for the birth and rearing of children. This function is so intimately bound up with the other functions of the home that it cannot properly be treated independently. Were the bearing of children to stand as the sole function of the home, the home would fail miserably. On the other hand, a home without children is incomplete.

Children in a home provide its greatest stabilizing factor. They are one of the greatest reasons for maintaining a home. Children offer a mutual interest for husband and wife. Here is common ground where their incentives and affections meet. And even when misunderstandings threaten, the presence of children welds the parents' personalities and ensures the stability of the home.

In view of the divine origin of the home, and in view of the fact that home life is a part of life itself, the devil has directed his most potent and heinous strategy against the home. Consequently, within the homes of our nation are to be found the greatest possible contrasts between perfect happiness on one hand, and heart-rending disillusionment and anguish on the other. To whatever extent a given home falls short of the ultimate ideal,

to whatever extent it offers less than it is capable of offering, to that extent the husband and wife are responsible for side-stepping their privileges and obligations to each other, to the children in their home, to their community, and to their Creator.

Among the agencies that the devil uses in his attack on the home, none has proved more devastating than the use of alcohol. The effects of alcohol are such as to thwart the primary functions of the home. Consider how it interferes with each of these functions:

1. Emotional security. Emotional security within the home depends on a personal respect, each for the other. But how can a wife or a husband continue to respect a spouse who, under the influence of alcohol, becomes promptly transformed into the personification of selfishness? How can there be respect for the person who allows a craving for alcohol to supersede his other desires? How can there be respect for the person who dissolves his moral standards in a glass of liquor?

Under the influence of alcohol, a person loses his capacity for logical reasoning. How can a person who loses this capacity share in the solving of problems? How can he provide emotional security by serving as an "emotional counterbalance"?

2. Spiritual and cultural growth. The person who indulges in alcohol seems to find his greatest satisfactions therein. The use of alcohol becomes his way of life. His personal philosophies are altered so as to condone the base conduct that accompanies the use of intoxicants. His regard for religion becomes secondary to his fondness for sensual gratification. His ideals become degraded. Self-discipline is repulsive. Spiritual and cultural attainments are no longer attractive.

3. Character development. The person who uses alcohol becomes irresponsible. His promises are forgotten as soon as he becomes intoxicated. The opportunity for a drink of liquor banishes his good intention to fulfill an obligation.

Under the influence of alcohol a person loses his respect for authority. He is quickly antagonized by anyone who interferes with his momentary pleasure. To him the end of obtaining alcohol justifies the means even if others must suffer.

Alcohol stifles conscience and abolishes moral standards. It promotes infidelity and promiscuity. It breaks down the very safeguards upon which a happy home depends.

When sober, a person who uses alcohol is remorseful and feels humiliated because of the foolishness of his ways

while intoxicated. He hates to face the chagrin of his misdeeds. But he lacks the strength of character necessary to mending his ways, for he has sampled an easy way to side-step stern realities. So again he takes recourse to alcohol and thus temporarily escapes the unpleasant consequences of his previous alcoholic indulgence.

4. Bearing and rearing of children. The effects of alcohol as listed above are such as to disqualify a person for successfully discharging the responsibilities of parenthood. But the fact remains that those who use alcohol still become parents. Our sympathies to the children in such homes!

The greatest single factor in the training of children is the factor of the



Know the FACTS About **ALCOHOL**

Attend the Fourth Session
of the
**Institute of Scientific
Studies for the
Prevention of Alcoholism**

JULY 13-24, 1953

on the Campus of the
Medical College
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For further information write to the
**National Committee for the
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parents' example. A child naturally imitates his parents. Johnny's greatest ambition is to be "like daddy." But the parent who indulges in alcohol provides a miserable example to imitate. Alcohol temporarily extinguishes the intellect. So the parent who uses alcohol has no better example to offer his

children than what is dictated by his instincts. How can a child be inspired to strive for worth-while accomplishments when the parent has followed the easy course of least resistance? How can the child be expected to crave lofty things when the parent has allowed his ideals to become debased?

Returning to the concept that the over-all purpose of the home is to produce happiness, it should be emphasized that happiness will appear as a by-product when the functions of the home are properly and soberly carried out. The home in which emotional security is offered, in which a background is had for spiritual and cultural growth, in which provision is made for character development of such a type as will stabilize society, and in which children share with their parents the advantages the home has to offer—this home will automatically be a happy home, and husband and wife will have every reason to realize that their marriage has been a success.

WHAT DID LINCOLN BELIEVE?

(Continued from page 11)

was serving as Congressman from the Sangamon County district, he gave as a reason for refusing to drink wine that he had made a solemn promise to his dying mother that he would never use as a beverage anything intoxicating. "And I consider that pledge," said he, "as binding today as it was the day I gave it."

On February 27, 1860, Lincoln delivered his famous Cooper Institute address in New York City. He was entertained at that time by prominent citizens, and asked to partake of intoxicating drinks. He declined, saying that it was his invariable rule not to use liquor. The newspapers of the day commented on the stand he took.

On the day that President Lincoln was assassinated, Major J. B. Merwin of the United States Army was a guest for dinner at the White House. As he was leaving that afternoon, Lincoln said to him: "Merwin, we have cleaned up with the help of the people a colossal job. Slavery is abolished. After reconstruction the next great question will be the overthrow and abolition of the liquor traffic. And you know, Merwin, that my head and heart, and hand and purse will go into that work. In 1842, less than a quarter of a century ago, I predicted that the time would come when there would be neither a slave nor a drunkard in the land. Thank God, I have lived to see one of these prophecies fulfilled. I hope to see the other realized."

WHAT OTHERS ARE SAYING



Crime and Drunkenness Among Women

FBI reports show a big increase of crimes committed by women. In 1951 the FBI examined 831,288 fingerprint records of local police departments, which exceeded the 1950 record by 4.7 per cent. Arrests of males numbered 746,055, a 4 per cent increase, while female arrests numbered 85,233, an increase of 11.3 per cent as compared with 1950.

While men have a higher percentage of arrests for drunkenness than do women,—23.5 per cent of the total fingerprinted male records in 1951 were for this offense,—women gave them a close race with 20.8 per cent. One out of every

five women arrested was charged with drunkenness, as compared with nearly one out of every four men.

The marked increase in drinking among women is further indicated by the percentage of fingerprint records of women arrested for driving while drunk, which was more than three times as great in 1951 as in 1935, while those of the men were only a little more than twice as great.

Following is a table of the drunkenness arrests of men and women, the figures being taken every fifth year since 1935 and showing the rapid increase among women:

ARRESTS FOR DRUNKENNESS

Year	Male Arrests	% Total Male Arrests	Female Arrests	% Total Female Arrests
1935	39,564	10.8	1,982	7.3
1940	108,292	19.4	7,556	14.5
1945	110,251	24.0	14,663	17.5
1950	162,202	22.8	15,963	20.9
1951	173,865	23.5	17,590	20.8

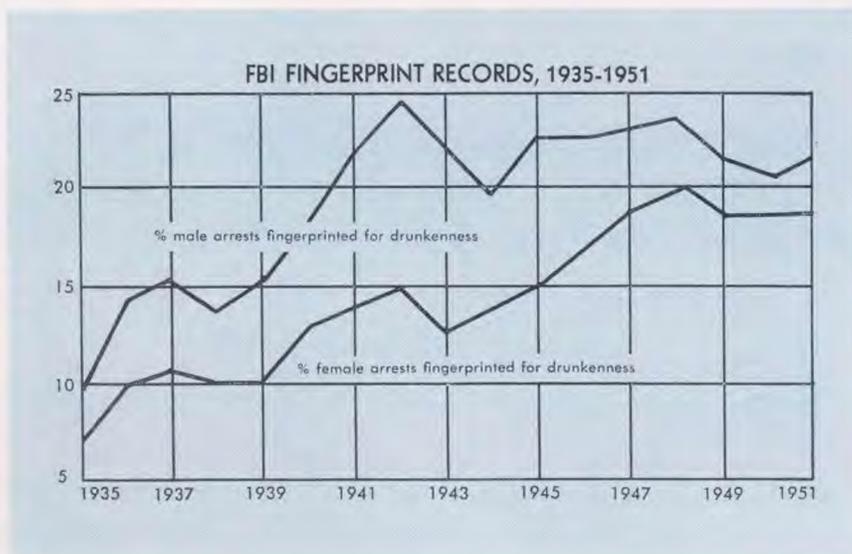
—Facts in this feature from Laura Lindley for "Alcohol Statistics Letters."

THE ONLY SAFE WAY

"As soon as a moderate drinker gets to feeling blue, or has family or financial difficulties, or wishes for some reason to anesthetize his conscience, he doubles his previous dose of alcohol and soon is in the excessive stage. . . . All this adds up to two challenging facts. Total abstinence is the only safe way . . . and a really smart, intelligent, and clever person, for his own good and that of others, will leave alcohol alone." —George W. Crane, noted psychologist and medical writer of Chicago, Illinois.

ALARMED AT SAVINGS

"What alarms me is the great increase in personal savings. Our salesmen had better start hacking away at that enormous American savings account."—W. W. Wachtel, president of Calvert Distilleries.



NINE TENTHS OF CRIME DUE TO ALCOHOL

Judge Cecil Curry of Miami, Florida, paused toward the end of a Monday court session to express his opinion, as reported in the *Miami Herald*:

"Alcohol causes 90 per cent of the troubles brought to this court. Ten years ago it was not more than 6 per cent. But we've 3,500 saloons within the city limits. It must be awfully good business. I've seen liquor increase the woes of the people and the business in this court, year after year."

GINGER ALE, MRS. ROBERT KERR'S PROTECTIVE DRINK

At the nation's capital, a leading socialite teetotaler is Mrs. Robert Kerr, wife of the millionaire Oklahoma Senator, who himself is also known in social circles as an abstainer.

When attending numerous parties she always holds in her hand what she calls a "protective drink" of ginger ale. "I do that" she explains, "to keep people from shoving a glass of liquor in my hand. I find this saves me a lot of trouble."



Bill Reichardt

Interview by BOB ROACH

I have yet to see any benefits resulting from drinking; and as I see it, the use of alcoholic beverages will never *ever* contribute anything to you as an athlete or make you a better person. With this in mind I can see no reason to drink. In my years as an athlete I have seen many potential "greats" fall by the wayside because they thought it was smart to indulge. *To me anything worth doing is worth doing well, and it cannot be done with alcohol.*



Bill Reichardt

From mascot to record-holder is the condensed story of Bill Reichardt, University of Iowa's plunging fullback. Bill completed his Iowa career at twenty-one, holding five university records.

In recognition of his top performance, he received the *Chicago Tribune* Silver Football as the most valuable player in the Big Ten, a Conference which includes Illinois, Indiana, Iowa, Michigan State, Michigan, Minnesota, Northwestern, Ohio, Purdue, and Wisconsin.

Bill was selected as a member of six all-conference and all-western honor teams, and a member of the All American second offensive team. In the 27 games he played during his career, he gained 1,691 yards, for a 4.2-yard average. He made 737 of Iowa's 1,692 yards by rushing, a new modern Iowa record. His number of rushes was 178, also a new Hawkeye record.

Bill's sports training has convinced him that alcohol doesn't help add up to success either in athletics or in life.



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